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WILL LED ZEPPELIN REUNITE? {page 17}

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THE YEAR OF KINK

BDSM talk at the watercooler? Yes, thanks to 'Fifty Shades of Grey'
Author E.L. James and experts discuss the mainstreaming of taboo in our Sex Issue {page 10-16}

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In the news

Fugitive found on subway

SEPTA police nabbed an escaped prisoner on the Market-Frankford Line yesterday shortly after the man got away from officers. Authorities said Tony Tillman, 23, violated his probation for a drug arrest in 2011. Tillman was found on an eastbound Market-Frankford Line train at the Berks Station. METRO

In the news

Stronger fire prevention

Mayor Michael Nutter signed a bill yesterday that increases fire safety in older homes. The new law amends the city's fire code to require smoke alarms in one- and two-family dwellings to have 10-year, non-removable batteries. One- and two-family dwellings built in 1988 or later and apartment units are already required to have hard-wired smoke alarms. METRO

In the news

Jury selection in alleged mafia trial begins

Jury selection will continue today for the racketeering conspiracy trial of alleged Philadelphia mob boss Joseph Ligambi and six co-defendants.

Ligambi and his co-defendants are accused of loan-sharking, sports bookmaking, extortion, witness tampering and other charges as part of the reputed La Cosa Nostra crime organization.

Jury selection is expected to continue throughout the week, with opening arguments to begin next week. Prosecutors will be allowed to tell jurors about prior acts of violence by the group, even though no violence is alleged in the indictment. METRO/SDL

Students arrested after fights

NORTHEAST. Seven students were arrested yesterday after several fights were reported at Lincoln High School, authorities said.

The school was temporarily placed on lockdown until authorities got control of the situation around 1:30 p.m. Six males were taken into custody, including one adult, and one female. Police said each would be charged with disorderly conduct.

District spokesman Fernando Gallard said school officials were investigating to determine what caused the fights. METRO/SDL

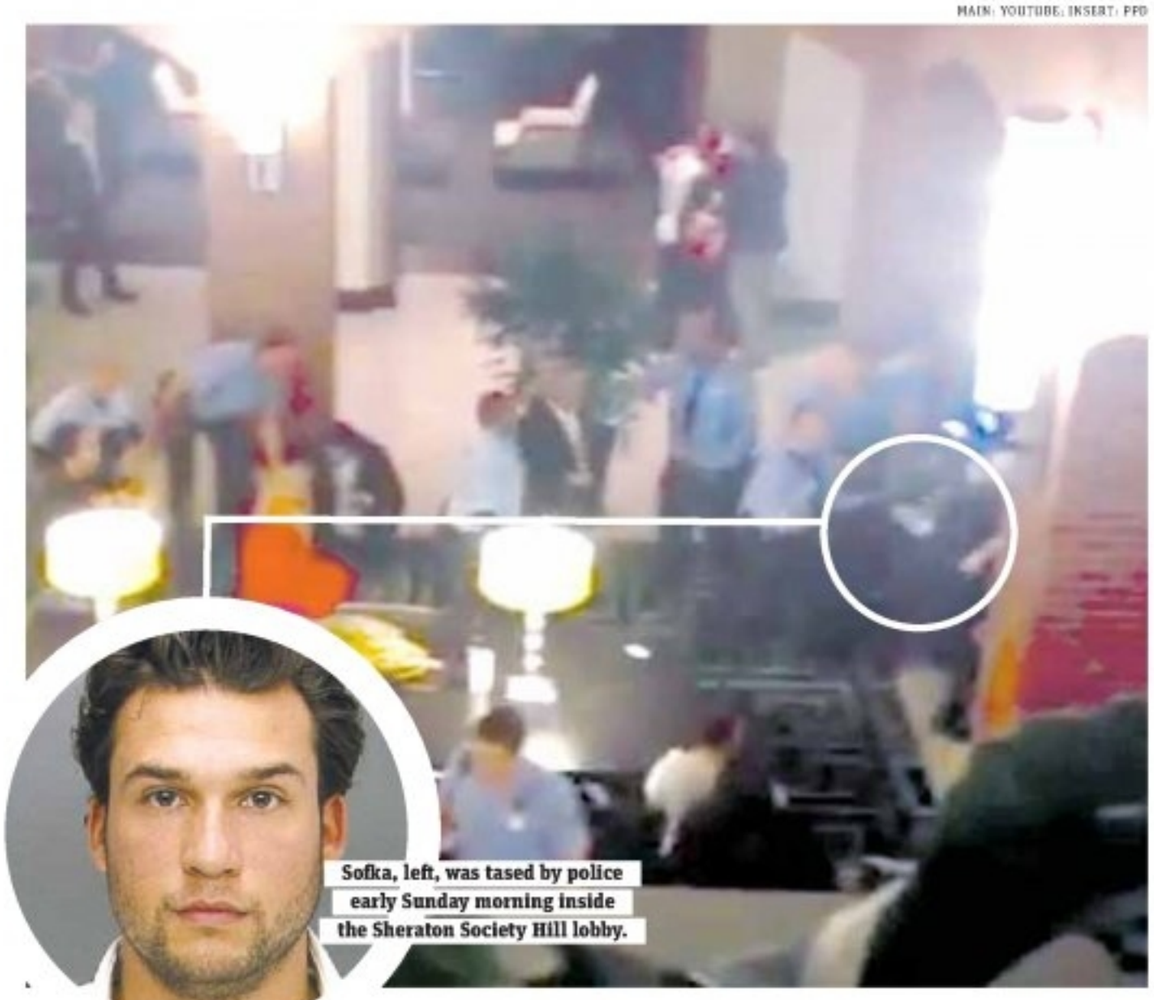
No ID for NoLibs murder victim

NORTHERN LIBERTIES. Police yesterday still had not released the identity of the 65-year-old woman shot and killed on the 700 block of North Third Street on Sunday night in an incident that also left her transgender daughter, 41, hospitalized in critical condition with a gunshot wound to the face. METRO/AW

NJ man released on bail after wedding brawl

Others allegedly involved in massive riot also identified, including bride's uncle who died of heart attack More arrests expected, cops say

MAIN: YOUTUBE; INSERT: PPD



Sofka, left, was tased by police early Sunday morning inside the Sheraton Society Hill lobby.

New Jersey man Matthew Sofka, 26, has been formally charged in a fight that broke out between two wedding parties at the Society Hill Sheraton early Sunday morning and was caught on camera in a cellphone video uploaded to YouTube.

Sofka, of Westfield, N.J., was arraigned at 5:15 p.m. Monday, court documents show. He was charged with aggravated assault, simple assault, reckless endangerment, resisting arrest, failure to disperse upon official order, disorderly conduct in a physical or hazardous manner and disorderly conduct while engaging in fighting.

Police said yesterday that Sofka, who they described as "the main combatant," is the man that can be seen on the video fighting with a police sergeant who's wearing a white shirt. They said that Sofka was wrestled to the ground by officers and needed to be tased to be subdued.

The fight in the lobby near the hotel bar first broke out around 1:30 a.m. among family members of one wedding party, according to authorities. It then spilled over to involve members of a second wedding party who were returning from an off-site reception to stay at the hotel. Police said yesterday that alcohol played a big factor in the brawl. They estimate that, at one point, between 75 and 100 people were involved.

A 57-year-old guest suffered a heart attack as he stepped outside the hotel. He has been identified as Vincent Sannuti of Huntingdon Valley, reportedly the uncle of the bride. He died at Thomas Jefferson University Hospital shortly before 3 a.m. Police said yesterday that they believe he was involved in the fight, though the nature of his involvement is unclear.

Sofka was released yesterday after partially posting $25,000 unsecured bail. He is next due in court for a preliminary hearing Oct. 25. Two other men allegedly involved in the melee were given summary disorderly conduct citations Sunday morning, according to police. Investigators said they expect to make more arrests in the incident after interviewing witnesses and thoroughly reviewing the video.

"Getting checked out at hospital. No serious neurological injury. Awaiting more tests. Mom called: 'Now it's on Good Day Show'. My head started hurting again."

SGT. SEAN DANDRIDGE, WHO RESPONDED TO THE BRAWL, ON FACEBOOK

ALEX WIGGLESWORTH
awigglesworth@metro.us

In the news

Former Philly cop guilty in 'roids ring

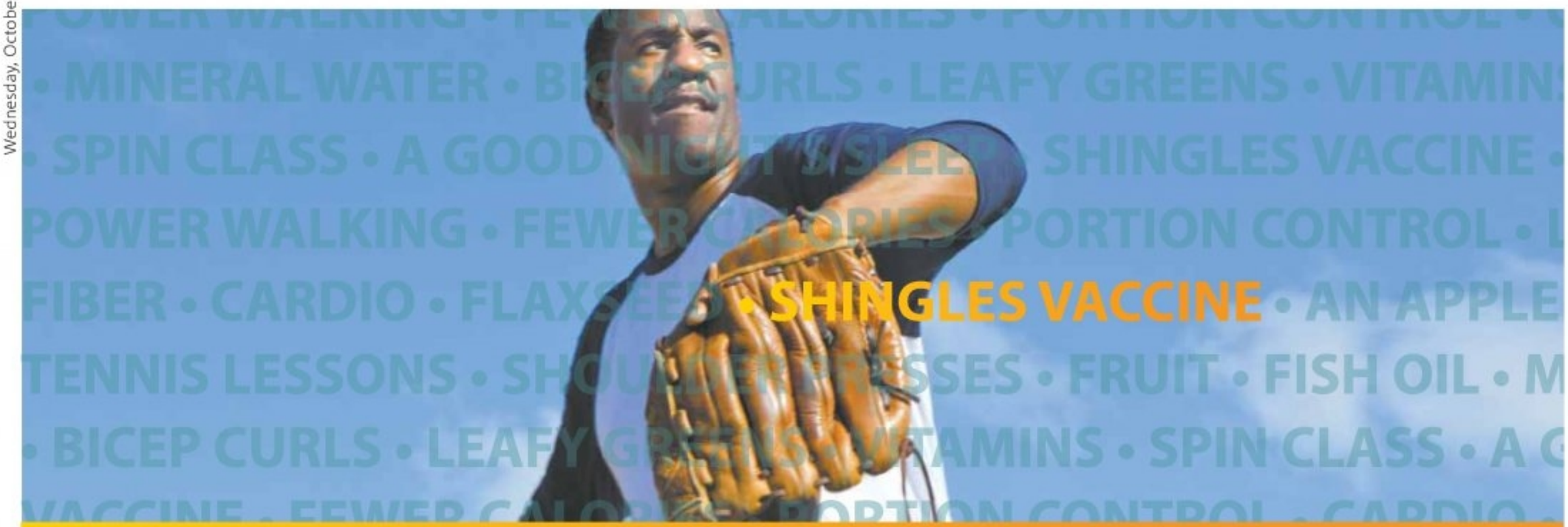
PHILADELPHIA. A former city police detective pleaded guilty yesterday to operating an illegal steroid and human growth hormone ring through the Internet and local gyms.

Gidelson

Keith Gidelson, 36, was one of three police officers busted last year by federal authorities in the operation, along with 12 others. Gidelson ordered shipments of the substances from Europe and China and had them sent to California in a box he rented at a local UPS store.

According to an indictment, Gidelson, a 14-year veteran with the force, conspired with his wife, Kirsten, officers George Sambuca and Joseph McIntyre Jr., and the other defendants to distribute the steroids and solicit customers. Prosecutors also claim Gidelson sold anabolic steroids to customers he met through various online weightlifting chat rooms.

At the time of the arrests, prosecutors said the defendants had been working since September 2009, but they declined to say how much money the defendants made from the operation. METRO



SWEAT. SCORE. AS YOU GET OLDER, REALLY GREAT. BUT DON'T FORGET TO VACCINATE.

ZOSTAVAX® (Zoster Vaccine Live) is available at certain pharmacies and medical practices.
Talk to your health care professional or visit findZOSTAVAX.com for more information.

Now's the time to help prevent Shingles with ZOSTAVAX.

ZOSTAVAX is a vaccine that helps prevent Shingles in adults 50 years of age or older. Shingles is caused by the same virus that causes chickenpox. The virus stays in your body and can resurface at any time as Shingles—a painful, blistering rash. And no matter how healthy you feel, your risk increases as you get older.

The sooner you get vaccinated with ZOSTAVAX, the better your chances of protecting yourself from Shingles. In fact, the ACIP* of the CDC (Centers for Disease Control and Prevention) recommends that appropriate adults 60 years of age and older get vaccinated to help prevent Shingles.

Talk to your health care professional to see if ZOSTAVAX is right for you.

ZOSTAVAX is given as a single shot. ZOSTAVAX cannot be used to treat Shingles, or the nerve pain that may follow Shingles, once you have it. For more information, visit ZOSTAVAX.com or call 1-877-9 SHINGLES.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please read the Patient Information on the adjacent page.

*ACIP=Advisory Committee on Immunization Practices

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VACC-1016603-0004 05/12

ABOUT ZOSTAVAX

ZOSTAVAX is a vaccine that is used for adults 50 years of age or older to prevent Shingles (also known as zoster).

Important Safety Information

- ZOSTAVAX does not protect everyone, so some people who get the vaccine may still get Shingles.
- You should not get ZOSTAVAX if you are allergic to any of its ingredients, including gelatin or neomycin, have a weakened immune system, take high doses of steroids, or are pregnant or plan to become pregnant. You should not get ZOSTAVAX to prevent chickenpox.
- Talk to your health care professional if you plan to get ZOSTAVAX at the same time as PNEUMOVAX®23 (Pneumococcal Vaccine Polyvalent) because it may be better to get these vaccines at least 4 weeks apart.
- Possible side effects include redness, pain, itching, swelling, hard lump, warmth, or bruising at the injection site, as well as headache.
- ZOSTAVAX contains a weakened chickenpox virus. Tell your health care professional if you will be in close contact with newborn infants, someone who may be pregnant and has not had chickenpox or been vaccinated against chickenpox, or someone who has problems with their immune system. Your health care professional can tell you what situations you may need to avoid.

Before you get Shingles, get vaccinated.

ZOSTAVAX®
Zoster Vaccine Live

Patient Information about ZOSTAVAX® (pronounced "ZOS tah vax") Generic name: Zoster Vaccine Live

9989115

You should read this summary of information about ZOSTAVAX before you are vaccinated. If you have any questions about ZOSTAVAX after reading this page, you should ask your health care provider. This information does not take the place of talking about ZOSTAVAX with your doctor, nurse, or other health care provider. Only your health care provider can decide if ZOSTAVAX is right for you.

What is ZOSTAVAX and how does it work?
ZOSTAVAX is a vaccine that is used for adults 50 years of age or older to prevent shingles (also known as zoster).

ZOSTAVAX contains a weakened chickenpox virus (varicella-zoster virus).

ZOSTAVAX works by helping your immune system protect you from getting shingles.

If you do get shingles even though you have been vaccinated, ZOSTAVAX may help prevent the nerve pain that can follow shingles in some people. ZOSTAVAX does not protect everyone, so some people who get the vaccine may still get shingles.

ZOSTAVAX cannot be used to treat shingles, or the nerve pain that may follow shingles, once you have it.

What do I need to know about shingles and the virus that causes it?
Shingles is caused by the same virus that causes chickenpox. Once you have had chickenpox, the virus can stay in your nervous system for many years. For reasons that are not fully understood, the virus may become active again and give you shingles. Age and problems with the immune system may increase your chances of getting shingles.

Shingles is a rash that is usually on one side of the body. The rash begins as a cluster of small red spots that often blister. The rash can be painful. Shingles rashes usually last up to 30 days and, for most people, the pain associated with the rash lessens as it heals.

Who should not get ZOSTAVAX?
You should not get ZOSTAVAX if you:
- are allergic to any of its ingredients.
- are allergic to gelatin or neomycin.
- have a weakened immune system (for example, an immune deficiency, leukemia, lymphoma, or HIV/AIDS).
- take high doses of steroids by injection or by mouth.
- are pregnant or plan to get pregnant.

You should not get ZOSTAVAX to prevent chickenpox.

Children should not get ZOSTAVAX.

How is ZOSTAVAX given?
ZOSTAVAX is given as a single dose by injection under the skin.

What should I tell my health care provider before I get ZOSTAVAX?
You should tell your health care provider if you:
- have or have had any medical problems.
- take any medicines, including non-prescription medicines, and dietary supplements.
- have any allergies, including allergies to neomycin or gelatin.
- had an allergic reaction to another vaccine.
- are pregnant or plan to become pregnant.
- are breast-feeding.

Tell your health care provider if you expect to be in close contact (including household contact) with newborn infants, someone who may be pregnant and has not had chickenpox or been vaccinated against chickenpox, or someone who has problems with their immune system. Your health care provider can tell you what situations you may need to avoid.

Can I get ZOSTAVAX with other vaccines?
Talk to your health care provider if you plan to get ZOSTAVAX at the same time as the flu vaccine.

Talk to your health care provider if you plan to get ZOSTAVAX at the same time as PNEUMOVAX®23 (Pneumococcal Vaccine Polyvalent) because it may be better to get these vaccines at least 4 weeks apart.

What are the possible side effects of ZOSTAVAX?
The most common side effects that people in the clinical studies reported after receiving the vaccine include:
- redness, pain, itching, swelling, hard lump, warmth, or bruising where the shot was given.
- headache

The following additional side effects have been reported with ZOSTAVAX:
- allergic reactions, which may be serious and may include difficulty in breathing or swallowing. If you have an allergic reaction, call your doctor right away.
- chickenpox
- fever
- hives at the injection site
- joint pain
- muscle pain
- nausea
- rash
- rash at the injection site
- swollen glands near the injection site (that may last a few days to a few weeks)

Tell your health care provider if you have any new or unusual symptoms after you receive ZOSTAVAX. For a complete list of side effects, ask your health care provider.

Call 1-800-986-8999 to report any exposure to ZOSTAVAX during pregnancy.

What are the ingredients of ZOSTAVAX?
Active Ingredient: a weakened form of the varicella-zoster virus.

Inactive Ingredients: sucrose, hydrolyzed porcine gelatin, sodium chloride, monosodium L-glutamate, sodium phosphate dibasic, potassium phosphate monobasic, potassium chloride.

This page summarizes important information about ZOSTAVAX. If you would like more information, talk to your health care provider or visit the website at www.ZOSTAVAX.com or call 1-800-622-4477.

Rx only

Issued June 2011

Distributed by:
Merck Sharp & Dohme Corp.,
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Opinion

ROB WONDERLING
PRESIDENT AND CEO, GREATER PHILADELPHIA CHAMBER OF COMMERCE

TIME TO CONFRONT PHILLY'S JOBLESS RATE

As a new City Council session gets under way, we welcome the opportunity to work with the Nutter Administration and members of City Council on a shared agenda of economic growth and job creation.

While businesses throughout the region are seeing moderate growth, according to the Bureau of Labor Statistics, the city continues to lose jobs. In 2010, the city had an average of 657,000 jobs. In July of this year, that number declined to 648,400. And as the nation's unemployment rate continues to drop slightly to 8.3 percent, Philadelphia's hovers at an alarmingly high 11.1 percent.

Since the mid-1990s, the City's Five-Year Financial Plan has acknowledged that Philadelphia's unusually high tax rates make it difficult for the city to compete with other jurisdictions in attracting and retaining businesses and residents. In 1996, Philadelphia began a program of annual, incremental cuts in the Wage Tax, Earnings Tax, Net Profits Tax, School Income Tax, and gross receipts portion of the Business Income and Receipts Tax. In 2003, the Tax Reform Commission laid out the facts: Philadelphia's tax rates are substantially higher than those of other major cities and nearby suburban municipalities.

We believe now is the time to rejuvenate our local economy by renewing the commitment to reduce taxes on employers and employees.

This year, the Greater Philadelphia Chamber of Commerce and its roughly 5,000 members are supporting efforts that we believe will help grow our economy. First and foremost, we support the long promised wage and business tax reductions. If we are to truly unleash Philadelphia's entrepreneur spirit and grow jobs, we must further reduce these onerous taxes. Additionally, we support the implementation of Actual Value Initiative (AVI), as well as the sale of assets to provide one-time pension relief. We believe these efforts, taken together, will help provide additional resources for much-needed city services.

Quoted

Since the mid-1990s, the city's Five-Year Financial Plan has acknowledged that Philadelphia's unusually high tax rates make it difficult for the city to compete with other jurisdictions in attracting and retaining business and residents.

In an effort to generate additional revenue, the chamber also supports legislation to create a city land bank. With more than 40,000 vacant lots and buildings in the City of Philadelphia, action is needed now to bring them back into use. The city annually spends $20 million to maintain vacant and blighted properties, which fail to generate much-needed revenue for the City.

The Greater Philadelphia Chamber of Commerce works to attract, retain and grow jobs for companies and residents of the region. We believe that future job growth in our region will be driven by the for-profit and non-profit sectors.

If you have a business in the city, we would love to hear from you about how a reduction in the wage and business taxes would help your business grow. Please contact me at rwonderling@greaterphilachamber.com. For more information about the chamber's public policy agenda, please visit relayphilly.com.

*– **Rob Wonderling** is the president and CEO of the Greater Philadelphia Chamber of Commerce. His column runs the second Wednesday of every month.*

Metro does not endorse the opinions of the author, or any opinions expressed on its pages. Opposing viewpoints are welcome. Send 100-word submissions to letters@metro.us.

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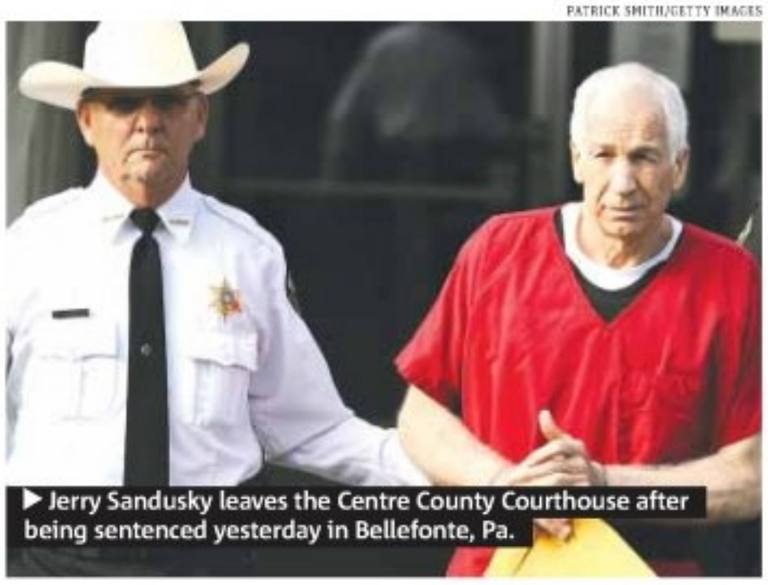
Sandusky gets 30 to 60 years in prison for abuse

PATRICK SMITH/GETTY IMAGES



▶ Jerry Sandusky leaves the Centre County Courthouse after being sentenced yesterday in Bellefonte, Pa.

Former Pennsylvania State University football coach Jerry Sandusky was ordered to spend at least 30 years in prison on Tuesday for sexually abusing at-risk boys for more than a decade, a sentence likely to keep him behind bars until he dies.

Defiantly maintaining his innocence, the 68-year-old retired defensive coordinator listened as several of his victims recounted their pain to the packed courtroom. Then, he told the court: "I did not do these alleged, disgusting acts."

Sandusky stood motionless in a red prison jumpsuit, his back to the courtroom audience and his wife, Dottie, while Judge John Cleland handed down the 30- to 60-year sentence. It would make him at least 98 years old before being eligible for parole.

"Your crime is not only what you did to their bodies, but your assault on their psyche and their souls," Cleland told him at the hearing in Centre County Court. "The tragedy of this story is it is a story of betrayal. Some of your victims had a genuine affection for you.

"It is precisely that ability to conceal those vices from yourself and everyone else that in my view makes you dangerous," he said.

Quotes from the victims at the sentencing

"I will never erase the images of his naked body on mine."

"He took away my childhood the day he assaulted me."

His victims accused him of fondling, as well as oral and anal abuse. One recalled screaming for help in the basement of Sandusky's home.

The scandal highlighted the devastating issue of child sex abuse and raised pointed questions about the motivation of people who knew about Sandusky's behavior but failed for years to report it. **REUTERS**

45

Jerry Sandusky was convicted in June on 45 counts of child sex abuse for molesting 10 boys over 15 years; some of the abuse occurred in team's showers on campus.

News in brief

Nobel for quantum physics 'parlor trick'

STOCKHOLM. A French and an American scientist won the Nobel Prize yesterday for finding ways to measure quantum particles without destroying them, which could make it possible to build a new kind of computer far more powerful than any seen before.

Serge Haroche of France and American David Wineland, both 68, found ways to manipulate the very smallest particles of matter and light to observe strange behavior that previously could only be imagined in equations and thought experiments.

GETTY IMAGES

▶ Graphic of their work

Wineland has described his own work as a "parlor trick" that performed the seemingly magical feat of putting an object in two places at once. **REUTERS**

Protestants now US minority for first time, Pew finds

CHICAGO. Protestants have lost the majority status they've had in the U.S. for more than two centuries as the number of Americans who don't claim any religion has surged, according to a Pew Research Center survey

The number of Protestants has fallen to 48 percent, from 53 percent in 2007, reduced by the growing number of unaffiliated Americans, now 33 million, as well as 13 million agnostics and atheists. Almost one of every five Americans doesn't belong to a church. **BLOOMBERG**

Skydive delayed due to strong winds

REDBULL

▶ Austrian daredevil Felix Baumgartner will have to wait until another day for his free fall.

An Austrian daredevil called off his death-defying skydive from a balloon 23 miles over the New Mexico desert yesterday because of winds at the launch site.

Felix Baumgartner, a helicopter pilot, hot-air balloonist and professional skydiver, was preparing to break a longstanding altitude record.

But his team announced the launch had been aborted moments after Baumgartner's balloon was set to carry him aloft over Roswell, N.M.

Team spokeswoman Sarah Anderson later said no new launch attempt would be made before tomorrow. She said today had been ruled out due to weather concerns and to give Baumgartner's support crew a day off.

Winds were about 17 mph when the balloon launch was canceled at 1:43 p.m.

Supersonic free fall

Baumgartner's goal is to break the record of 102,800 feet for the highest-altitude free fall, a milestone set in 1960 by U.S. Air Force Col. Joe Kittinger.

As he falls from 120,000 feet, Baumgartner would also break the sound barrier. With virtually no air to resist his fall, he was expected to reach the speed of sound, which is 690 mph at that altitude, after about 35 seconds of free fall.

He would stay supersonic for nearly a minute and should free fall for a total of 5 minutes and 35 seconds.

Baumgartner's safety gear includes his custom space suit that will protect him from low pressure and the extreme cold. Temperatures are expected to be as low as about minus 70 degrees Fahrenheit. **REUTERS**

The 30-million-cubic-foot plastic balloon, which is about one-tenth the thickness of a Ziploc bag, cannot handle winds greater than 6 miles per hour.

Baumgartner would be the first parachutist to break the sound barrier but not the first person to fall faster than the speed of sound. On Jan. 25, 1966, Bill Weaver, a test pilot aboard an SR-71 Blackbird aircraft, was ejected over the United States from his damaged plane at Mach 3.18 — more than three times faster than the speed of sound — and survived. **REUTERS**

Metro photo challenge

▶ "One in a million" is by Sonia Chin of Brooklyn.

To see your work in print, visit **www.metrophotochallenge.com** and submit your best photos to the world's largest photo competition and you'll have the chance to get published!

In the news

US downgrade seen as upgrade as $4 trillion debt dissolved

CARACAS. U.S. debt has shrunk to a six-year low relative to the size of the economy as homeowners, cities and companies cut borrowing, undermining rating companies' downgrading of the nation's credit rating.

Total indebtedness, including that of federal and state governments and consumers, has fallen to 3.29 times gross domestic product, the least since 2006. **BLOOMBERG**

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Saturday, October 20th
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Hahnemann University Hospital

A continental breakfast will be provided.
Free Valet Parking

Registration
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BEST REGIONAL HOSPITALS U.S.News PHILADELPHIA, PA 2012-13

THE HEART HOSPITAL AT Hahnemann

MAGNET RECOGNITION

Economic crisis exposes burden of France's generosity

GETTY IMAGES
▶ Hollande

Savoring a long lunch after a morning tending to baby quince and pear trees, the French Senate's 78 gardeners are blissfully untouched by the economic crisis gnawing at Europe's core.

They have jobs for life that pay 40 percent above the average French take-home salary and get "wet weather" bonuses when they work in drizzle, storms or snow.

Stalled growth in Europe's No. 2 economy has exposed the strain on public finances from the benefits lavished on these and other civil servants, and a growing chorus of opinion says it is time they were radically pruned back.

Even more comfortable are the hundreds of administrative staff inside who get bonuses if lawmaker debates run over into the night — regardless of whether they stayed late themselves.

56.3%
Public spending eats up 56.3 percent of France's economic output, second only to Denmark among developed nations and 10 points above neighboring Germany.

They all rank as "fonctionnaires," a status held by 5.3 million state-employed teachers, medics, magistrates and clerks in a labyrinthine French administration running from the president's office to the furthest-flung town hall.

The system has cushioned the households of one in five French workers from an economic crisis that has battered industry and bled private-sector jobs across most of Europe.

But with a public debt of 90 percent of output and Socialist President Francois Hollande battling to slash a 4.5 percent deficit, the question is whether France can still afford it.

France must tackle its debt mountain as part of efforts to end the three-year crisis over euro zone sovereign debt that has raised doubts over the survival of the currency. **REUTERS**

Fall In with Jefferson at the Navy Yard

To help keep you and your family healthy this season and throughout the year, Jefferson at the Navy Yard has scheduled a fall calendar of **free** health education seminars.

Wednesday, October 24, 2012
5:30 – 6:30 p.m.
Breast Cancer 101: What You Really Need to Know

Wednesday, December 5, 2012
5:30 – 6:30 p.m.
How to Get Your Lost Voice Back

Join us on each of these dates at:

Jefferson at the Navy Yard
3 Crescent Drive, Suite 100
Philadelphia, PA 19112

Registration is required for each lecture.

To register or make an appointment, call **1-800-JEFF-NOW** or visit **www.JeffersonHospital.org/navyyard**

Jefferson at the Navy Yard

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Preaching to the choir

Candidates reach out to core groups

With polls showing the election tightening, Mitt Romney and Barack Obama are appealing to core constituencies, with the Republican challenger using two visits in Virginia to reach out to military voters and the president wooing Hispanic support. Romney, in an effort to gain stature as a credible alternative for independent voters, intensified his foreign policy attacks on Obama yesterday in a speech at the Virginia Military Institute, prompting Obama's campaign to fire back. **BLOOMBERG**

"People wonder why it is I'm so confident we're going to win. I'm confident because I see you here on a day like this."

A RAIN-SOAKED ROMNEY IN A SPEECH IN NEWPORT NEWS, VA.

Even polls take a side: Surveys conflict over who has the edge

Two recent national polls showed one of the presidential candidates moving ahead of the other.

They just couldn't agree on which one.

A Pew Research Center survey of likely voters conducted Oct. 4 to Oct. 7 gave Republican nominee Mitt Romney a four-percentage point lead over President Barack Obama. A Gallup poll of registered voters Oct. 2 to Oct. 8 showed Obama ahead of Romney by three points after, in a shorter tracking survey of three days immediately following their Oct. 3 debate, it called the race a tie. The results underscore the lack of clarity in an environment in which, almost every day, new polls are released that vary depending on how voters are contacted, how they are counted and other variables tied to an individual polling group's approach to conducting surveys.

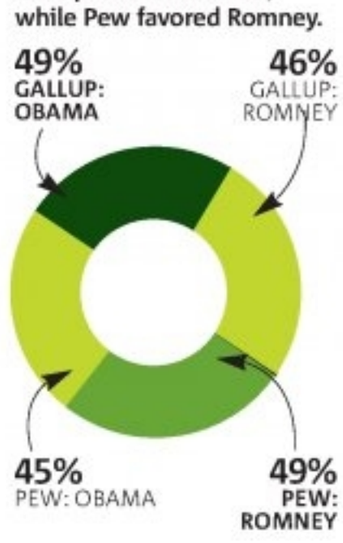
Another post-debate poll, the ABC News/Washington Post survey, put Romney's favorable rating at 47 percent, up three points over last month and his highest score since the survey first asked the question in September 2011. Even so, 51 percent view him unfavorably, second only to his 52 percent negative mark in March. Obama emerged with a 55 percent favorable rating in the latest poll. **BLOOMBERG**

No clear front-runner?

▶ Even the polls can't agree on who's the better candidate.

Conflicting polls

Gallup favored Obama, while Pew favored Romney.

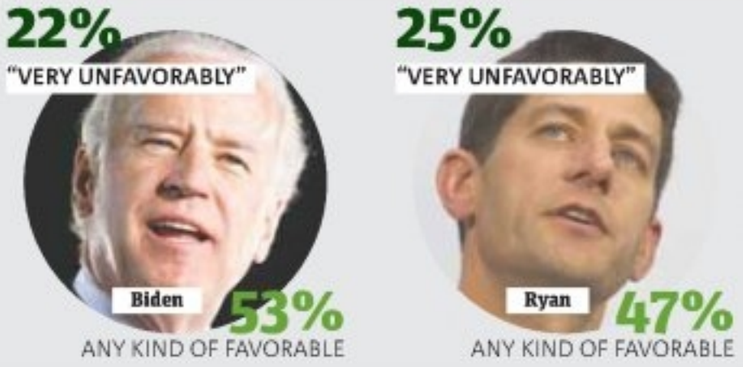


47% Romney's favorable rating, according to a ABC News/Washington Post poll

By the numbers

Who Americans love to hate

The vice presidential candidates will take the stage for a debate in Danville, Ky., this week. "Very unfavorable" was the most commonly held view of both men.



Both President Barack Obama and Mitt Romney's "very unfavorable" score is 27 percent.

As for Vice President Joe Biden and candidate Paul Ryan, Biden looks to be the more popular of the two. "Favorable" responses of some sort — "very favorable," "lean toward favorable," "somewhat favorable" — totaled 53 percent for Biden and 47 percent for his counterpart from Wisconsin.

In a head-to-head matchup, Biden came out on top. Respondents said the 69-year-old former senator was more qualified to be president than Ryan, 42, by a margin of 39 percent to 33 percent, with 28 percent saying they did not know. **REUTERS**

Metropolitick

SUSAN FERRECHIO

CHIEF CONGRESSIONAL CORRESPONDENT, WASHINGTON EXAMINER

DEBATES DO CHANGE SOME MINDS

Republican presidential candidate Mitt Romney's drubbing of President Obama at last week's debate in Denver was a game-changer for the presidential campaign, new polling confirms. National tracking polls and surveys of key swing states show Romney leveled the playing field, nipping a once-growing Obama lead and making a GOP victory a far more realistic possibility than it was just a week ago.

In one of the most dramatic shifts, Pew Research reported Monday that Romney not only erased Obama's 8 percentage point lead in its most recent poll of likely voters, but now leads the president by 4 percentage points, a 12-point swing in a matter of days since the debate. Romney now leads Obama 49 percent to 45 percent, according to Pew, which also found that by a 3-to-1 margin voters believe Romney dominated the Oct. 3 debate.

Other polls showed similar, if less dramatic results.

"My polling shows that Obama lost a 4-point lead within 48 hours," Ron Faucheux, president of Clarus Research Group, told The Washington Examiner.

Faucheux and other pollsters are now waiting to see if Romney's poll numbers will shift again after the debate Thursday between Vice President Biden and Romney's running mate, Paul Ryan.

For now, though, Romney's breakout debate performance has boosted him in crucial swing states he needs to win if he's going to oust Obama in November.

A Susquehanna Polling and Research survey released Monday showed the race now statistically tied in Pennsylvania. But the poll also found that 76 percent of those surveyed had watched the first presidential debate, and 2 percent of them said they had actually switched their support from Obama to Romney based on their debate performances.

The polling data are "clear evidence the debates have helped solidify the Keystone State as a tossup election in November — and one well within Romney's reach," said Susquehanna President Jim Lee.

Polls taken since the Oct. 3 debate show the race virtually tied in the swing states of Virginia, Colorado and Florida. And Romney has nearly completely erased Obama's lead in Ohio, a state Romney must win if he's going to win the White House, new polls show.

Quoted

But the poll also found that 76 percent of those surveyed had watched the first presidential debate and 2 percent of them said they had actually switched their support from Obama to Romney based on their debate performances.

One of the largest shifts nationally in the race was recorded by Gallup, which found in a poll released Monday that Obama lost 5 percentage points among registered voters since the debate, and is now tied with Romney at 47 percent.

Close to 70 million people watched Obama and Romney debate for the first time, and 72 percent of those polled by Gallup rated Romney the winner — compared with just 20 percent who thought Obama did the better job.

Even Democrats thought Romney did better, giving him a 10-point margin over Obama. Romney's overall margin of victory was the largest ever recorded by Gallup, the firm reported.

"The debate appears to have affected voters to some degree, given the narrowing of the race in the three days after the debate compared with the three days prior," Gallup reported Monday.

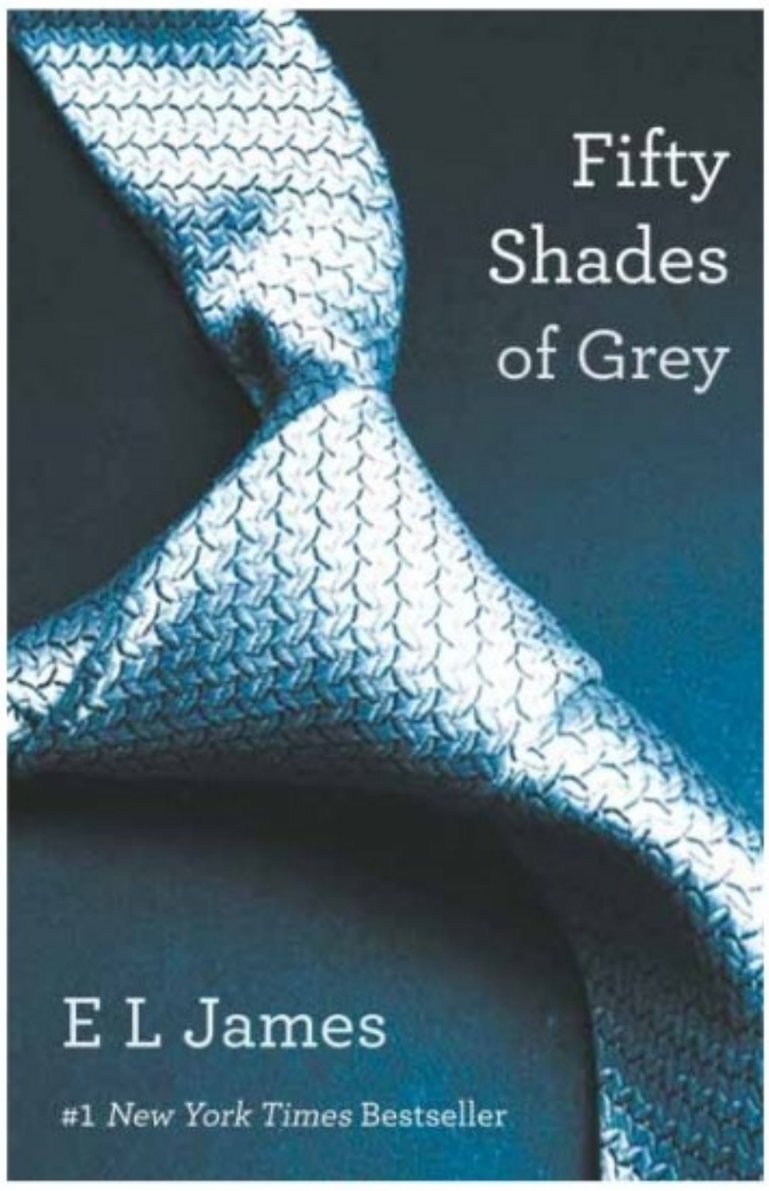
A second poll released by Gallup showed Obama up by 5 percentage points after a new jobs report was released Friday showing the unemployment rate dropping below 8 percent.

Romney's wife, Ann, told WTOP-FM on Monday that the debate offered voters "a completely unfiltered view" of her husband that ran counter to the barrage of negative campaign ads put on by the Obama administration.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages. Opposing viewpoints are welcome. Send 100-word submissions to letters@metro.us.

Exclusive interview

E.L. James on 'Fifty Shades of Grey': 'It's all about fantasies'



Writer Erika Leonard, better known as E.L. James, is a certified worldwide phenomenon Her erotic trilogy — 'Fifty Shades of Grey' is the title of the first book — has sparked conversations about sex not often had in public The author on success, her popular characters and talking BDSM to Hollywood producers

Is the success of your books a big surprise?
Surprise? It's a shock! I was especially surprised by the speed with which it traveled the world. The contract for mass publication was signed with Random House on March 7, and the first book was already in the shops in the first week of April.

"Fifty Shades" started out as an online publication. Now it has sold 15 million copies worldwide.
The numbers are staggering. The rights have been sold to 41 countries, the film rights are sold. And all of that happened in only a short period of time. It keeps surprising me.

Everybody talks about the women who are enjoying the books. Do you have any male readers?
More and more men read my books. Sometimes they say things like: 'Thanks a lot for what your books have done to my wife. … Wow!' A while ago, a 71-year-old man wrote me to thank me. My books made him remember what it feels like to fall in love. That was so cute.

Aren't men embarrassed to admit they've read your books?
They don't tell me they are. But I am embarrassed when men read it, because I didn't write the books for men.

Why is it embarrassing?
Because it's all about fantasies. When you go out with your friends and you discuss things like sex, I feel totally comfortable. But when you're with a group of men … I don't like to talk about sex when there are men around. Imagine me with a group of Hollywood producers who talk about orgasms!

Did you have to explain the female orgasm to them?
No, that was not the case. I was embarrassed because of the words you use when you discuss these things. It felt uncomfortable.

But you wrote those exact same words down in a book.
I didn't write this book for men. Moreover, I wrote for myself. I had a great time writing it. One of the things I've learned is that I'm not the only person with these fantasies. That feels good.

Did you have the fantasies because you were writing this story? Or did you start writing because you already had these fantasies?
Good question. I think it was a combination of the two. We've all dreamed of a partner who is so terribly rich that he can buy anything you want. But the kinky sex stuff really was a fantasy. Although, after doing some research, it might not be just fantasies.

Is it the kinky sex stuff that made the book so popular?
Partially, I think. There is so much fiction out there with kinky sex in it. People like the sex, but they especially like the passionate love story. It was the love story that held it together for me.

Did you put in all the sex in order to avoid the cliche love story?
Not at all. I started writing with the idea: When you meet someone who is into BDSM [bondage, discipline, sadism and masochism] and you are not up for it, what will happen? I had read some things about BDSM and I thought: 'Ooh, this is hot!' Would I ever do such a thing? My fantasies ran wild.

But your main character, Christian, likes BDSM for a reason.
If he hadn't met Ana, he would have been fairly happy with his life as it was. But there was a huge gap; he's a lonely guy. Yes, there are specific reasons why he likes kinky sex because of issues from the past. Yet, there are more than enough people in the BDSM community who have had a fantastic childhood and still enjoy kinky sex. And as long as it's safe and with common sense, I don't see a problem.

Was it better for the story for Christian to have all those issues?
Of course! He wouldn't have been interested in Ana for a start. I think his attitude toward women changes in the course of the novel. He needs her.

He is really annoyed by her questioning though. Perhaps the readers are annoyed by it

Quoted

"I don't like to talk about sex when there are men around. Imagine me in a group of Hollywood producers who talk about orgasms!"
E.L. JAMES

Q&A

What does your husband think of all the commotion?

He loves it! He reads all the reviews and interviews, and when he reads something funny he will show me. He has been very supportive all along. And it has triggered him to write a novel himself. He writes for a living: [a] drama series for television. And I've been pushing him to write a book for 20 years already. But it took me to write one first.

Did you ask him for advice?

Certainly. He came up with some suggestions that I otherwise would never have used.

METRO WORLD NEWS

▶ Author E. L. James says the love story of "Fifty Shades of Grey" is what has made the series so popular. Well, that, and the kinky sex.

as well?

I wanted to get under his skin and I could do that by Ana's questioning. She pushes him to expose himself. And for him, it's interesting to be challenged in that way. It's new for him and scary. Everyone thinks Ana is weak, but she isn't. She is strong and he is fragile. Ana is sexually a virgin, while Christian is a virgin emotionally.

All three books are true page-turners. Did you write like that on purpose?

It's a coincidence. I started by writing a chapter with the most awful cliff-hanger. Online readers had to wait for another week for the next chapter. Many people responded to that. That was fantastic. I really liked being a terrible tease.

Ana studied English literature. Was that for a reason?

Yes, because I'm British! The story started out as "Twilight" fan fiction, so I write about American characters. I figured that, if Ana studied British literature, I had an excuse when a Briticism slipped through.

So, what will be next?

I would like to rewrite the first novel I ever wrote. It still needs a lot of work, and I'm looking forward to that. But it's impossible to find the time to write at this moment. Besides, I'm exhausted. I'm looking forward to my holidays.

WILKE MARTENS
METRO WORLD NEWS IN LONDON

'Fifty Shades' fallout

- You — and everyone else — read the book
- What are the lasting effects of the best-selling series?

▶ Women are taking charge of their sexual fantasies.

With its bedroom banter, bondage scenarios and detailed explanations of what goes where, "50 Shades of Grey" has gone from a cultural must-read to the book your mother-in-law brought on vacation. With the initial hype dying down, what will be the long-lasting impact?

Expect an era where women can be more open than ever about what they enjoy in the bedroom — often taking charge of the fantasies themselves — according to experts. Sarah Forbes, a curator with the Museum of Sex in New York, says that she has observed more women writing erotic fan fiction online (which is how "Fifty Shades" began, as a "Twilight" spinoff). She chalked it up to women, more than men, needing to be stimulated mentally as much as physically. Writing about sexual daydreams or drawing sensual fan art can be an erotic experience. The success of "Fifty Shades" legitimized the form.

"It can just be fun and playful," Forbes says of using erotica as a creative outlet. "It lets people create a relationship with these icons of our popular culture."

Sex therapist Wendy Maltz points out that society has been "very repressed and uncomfortable" about the topic of sexuality, so fan fiction is a way to lighten the mood. It can open up discussion about people's real-life likes and dislikes, but this is only the starting point.

"There is a lack of healthy direct discussion about sexual issues," Maltz says. "There is a difference between what are the real needs sexually for men in the general population and the more sensational extreme presentations that come out and are put into the mainstream pop culture and are not representative of real satisfaction to people in the long run."

MICHELLE CASTILLO
METRO WORLD NEWS IN LONDON

Quoted

"There is a lack of healthy direct discussion about sexual issues. Pop culture is not representative."

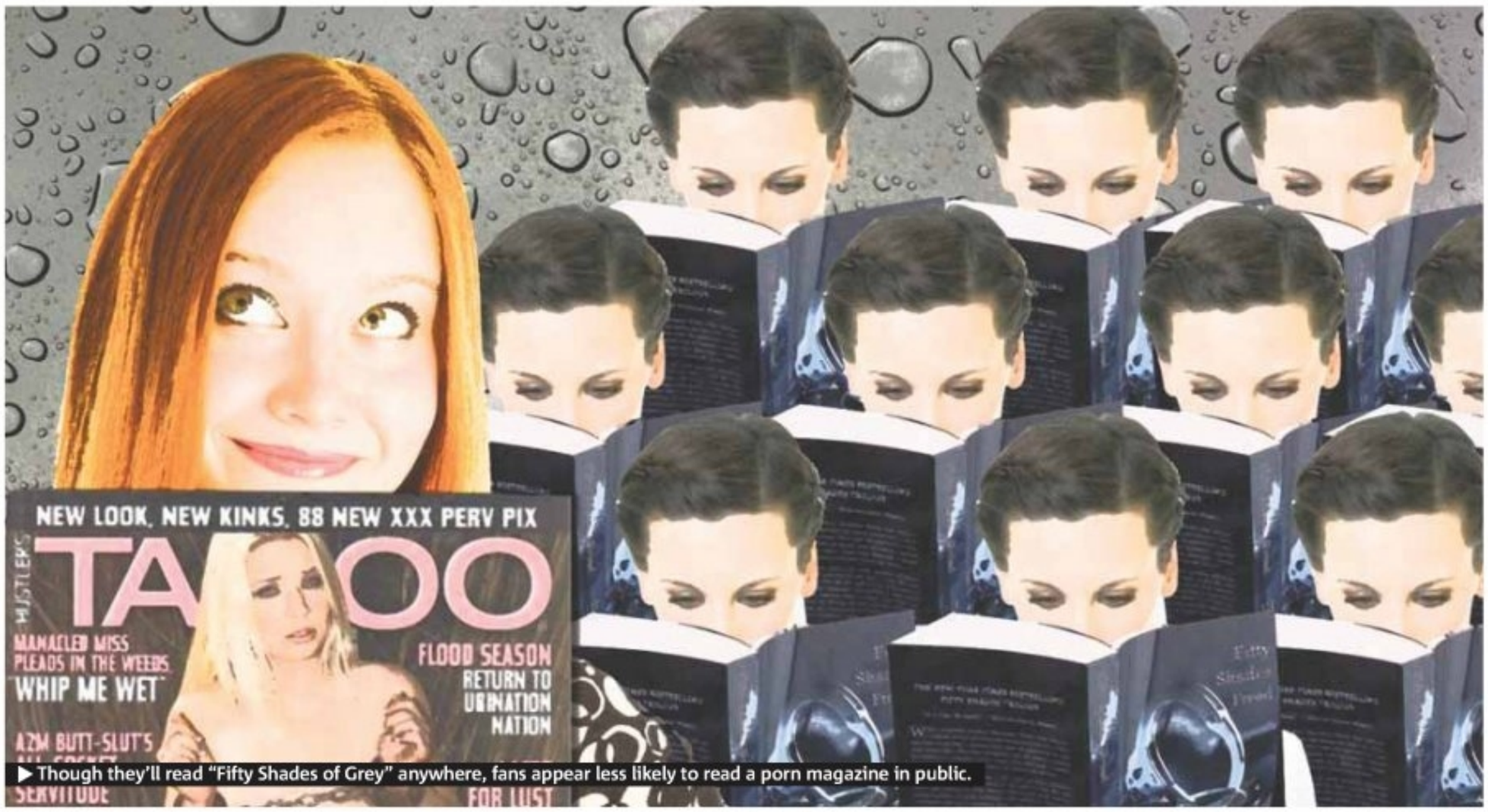
WENDY MALTZ, SEX THERAPIST AND AUTHOR OF "THE PORN TRAP"

You now have 'permission'

The experts we spoke to recommended defining yourself against these forms of media, rather than being defined by them.

Dr. Stephen Snyder, a sex specialist and sex therapist, has seen an increased openness among women to explore their sexual sides. "Fifty Shades of Grey" has given women "permission" to explore explicit sexual fantasies, he says. The book might even improve your relationship, with a catch: "We'd probably need the men to read it too," Snyder says. "There's much that men can learn from Christian Grey about what women need, such as [expressing] his desire for his partner in words."

Armed with a filthy magazine, our reporter headed out in uptight London to see if 'Grey' fans saw any difference between hard-core erotica and hard-core porn



▶ Though they'll read "Fifty Shades of Grey" anywhere, fans appear less likely to read a porn magazine in public.

'FIFTY SHADES OF GREY' VS. THE REAL S&M

First-person

Most mornings on the subway, you can peer over the shoulder of someone reading "Fifty Shades of Grey" and see the following two words: Butt. Plug.

Yes, a book this filthy is apparently an acceptable read, even during rush hour. Which led me to wonder, what if I flat-out read porn? Down-and-dirty S&M porn, in a public place, during workday hours? What's the difference? It's illegal to do so in London, but I gave it a shot, approaching fans of "Fifty Shades" to ask them: Are you into this?

Stop I: A public park

I head to London's grassy Soho Square, where Lily, 21, a PR assistant, sits on a bench reading "Fifty Shades." "Everyone's reading it, so I've no reason to be ashamed," she says. Sensing my moment, I whip out the magazine Taboo, which promises (and delivers) "29 XXX beauties hurt and squirt." On the cover is a handcuffed redhead with a ball gag.

Lily unabashedly flicks through it. "I don't think women respond to reading erotic material in the same way that men do," she says. "Men need porn to be visual. They need s— like this because they respond to the images more.

"They want things quicker, and if something turns them on, it's instant," she says, pointing to her own groin. "Women have a bit more control. And if you saw someone on the tube reading a magazine showing a girl with her vagina out, it would be a bit of an issue."

Let's find out.

Quoted: Lily, a fan

"Women have a bit more control. And if you saw someone on the tube reading a magazine showing a girl with her vagina out, it would be a bit of an issue."

Stop II: The subway

At the Kings Cross Street Pancras station, curiosity got the best of 23-year-old architect Sophie, who is already on page 100 of "Grey." "I'd never read any erotica before but I started reading 'Fifty Shades' because I wanted to know what all the hype was about," she says. "I just didn't expect it to be so ... sexy. I don't think I've even gotten to the really raunchy bits yet, but so far the WHOLE thing has been about sex."

When I whip out Taboo, she gets fidgety and flustered, checking behind her to see if anyone is watching us. "If I saw anyone reading a porn magazine on the tube, I'd be like, 'OMG, why are you doing this in front of everyone!'" Her face scrunches up with offense, but the girl is curious, so I leave her to it as she flips through the entire magazine. She eventually admits there's not much difference between it and "Fifty Shades." "You're still reading it or watching it because you want to. Just in a different way," she says.

ROMINA MCGUINNESS
METRO WORLD NEWS IN LONDON

Stop III: The sushi bar

Reading "Fifty Shades" on her lunch break, financial PR rep Louise, 29, doesn't think the book is that extraordinary, calling it a trashy romance. "There are plenty of other novels out there that are just like it, but the whole 'mommy porn' connotation has made it a lot more acceptable and approachable," says Louise.

Acceptable, and yet ... she's reading "Fifty Shades" on her Kindle rather than in paperback.

"I can't help but feel a little bit awkward and self-conscious when I'm reading it," she admits. "It feels safer this way." I show her Taboo.

She takes a step back, flips through it, and stops on a close-up of what appears to be a clitoris ring. "A couple of straps and handcuffs — fine. But if someone read this sort of porn in public," she says, "I'd find it very shocking."

I leave her and she picks up her Kindle, back to a safer world where butt plugs are mentioned but not seen.

Celebrities + S&M

There have been and always will be rumors about the secret sexual proclivities of celebrities — sorry, Richard Gere (or sorry, gerbil) — but some A-listers have been more candid than others when it comes to actually fessing up. With "Fifty Shades of Grey" piquing the interest of readers worldwide in the kinkier side of life, we take a look at some of Hollywood's biggest names who aren't afraid to admit to a little adventurousness.

▶ Jolie

1 **Angelina Jolie** "I had started having sex, and that sex didn't feel like enough," she once said, recounting an experience with a high school boyfriend. "In kind of a moment of wanting to find something honest, I grabbed a knife and I cut him and he cut me back."

2 **Rihanna** The hit singer put out an album called "S&M," so it was only natural the subject would come up at some point. "I think I'm a bit masochistic," she said in an interview with Rolling Stone. "I love to be tied up and spanked. I like to be whipped. But I prefer to be spontaneous. Using whips and chains is too planned — you have to stop and look for the whip. I prefer them to use their hands."

3 **Nicole Kidman** She told GQ that she and Keith Urban have investigated their relationship from multiple angles: "I've explored strange sexual fetish stuff," Kidman told the magazine.

4 **Eva Longoria** Former "Desperate Housewives" star Longoria certainly knew how to keep herself satisfied when she was married to Tony Parker. "I'm not averse to being tied up with silk scarves," she told Cosmopolitan.

NED EHRBAR/MWN

A history of sex and scandal in 'Grim Philly'

- Rider University professor leads off-the-beaten-trail tour of city's historical neighborhoods
- Tours focus on seedier aspects of Colonial era: prostitution, pirates and public executions

History is not a particularly sexy topic, but one Philadelphia man is trying to change that. Rider University history professor Joe Wojie two years ago founded "Grim Philly," which offers adult tours of the city's historic district focusing on the seedier aspects of the Colonial era, including mass executions, pirates and, of course, the nation's oldest profession.

"The further south you got down to Cedar Street, which today we call South Street, the poorer the neighborhood was, so you had houses of prostitution — known as 'bawdy houses' back then — sprinkled in all over the place," Wojie said yesterday. "Society was a little different in those times. Where today, you have a wealthy neighborhood next to a not-so-wealthy neighborhood, then, you had common people living side-by-side with wealthier people, so the prostitution houses were sprinkled throughout."

Wojie, who spent a solid year researching his "Vampires, Sex and Ghosts," tour before its start in 2011, said that much like today, there was a wide variety of houses of ill-repute in the 1800s catering to different tastes — and budgets.

▶ Wojie gives tours through Old City's creepy cemeteries.

"The further south you got down to Cedar Street, which today we call South Street, the poorer the neighborhood was, so you had houses of prostitution — known as 'bawdy houses' back then — sprinkled in all over the place."
WOJIE

"You had a concentration of them down on Lombard Street," he said. "They were cheaper, but you got what you paid for. Once you got up to Market Street, they got a little nicer. They called them 'resorts.' They mimicked genteel society — you would expect fine dining on the premises and piano players."

He said that, due to the era's lack of a social welfare safety net, many of the women in the "resorts" were aristocrats forced into the profession following a family tragedy, such as the death of their husbands.

If you go

- Grim Philly's "Vampires, Sex and Ghosts" tour runs Tuesdays through Sundays at 7 p.m., with 9:30 p.m. tours on Fridays and Saturdays. Tickets are available at the Independence National Visitors Center at Sixth and Market streets, or through GrimPhilly.com.
- Tours called "Cemeteries, Serial Killers, Blood and Beer," and a "Midnight Ghost Hunting Halloween Week" Oct. 26 - 31 are also available from Grim Philly.

What 1890s brothels were like in Philly

Wojie said that the biggest brothel of the day was operated by a man named John Applegate in the 1890s near the Vine Street expressway's eastern edge.

"I think he only had maybe a dozen prostitutes on staff, but there were a good hundred prostitutes just kind of freelancing in the place," Wojie said. "There was a newspaper article written about it basically saying it was a whorehouse. Applegate sued and he won for slander, basically, because he had Philadelphia police officers that were moonlighting as his bouncers. They testified on his behalf and said it was an upstanding establishment."

ALEX WIGGLESWORTH
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Culture

BDSM community still not mainstream

One of Metro's steamier stories this year that ran in August detailed "Sacri-Delicious," a BDSM play party held by Mistress Zeneca at a deconsecrated church owned by Samuel Fleisher Art Memorial. Though the event was held for years and the local civic association voiced no complaints, the article sparked a backlash, most notably after a subsequent report by former Philly news anchorman Larry Mendte for a New York City TV station.

Metro caught up with Zeneca again yesterday to get her take on how it all went down.

"In the fetish world, marketing is a double-edged sword," she said in an e-mail. "The Metro article was a positive step for our community, but it brought the attention of the unscrupulous. Larry Mendte intentionally reported inaccurate and scandalous information. The negative attention from the press directly led to the cancellation of my event. I have also issued a public apology for the media attention and tightened up security measures."

She said her primary concern is for other members of the community who might fear being "outed" or publicly judged. "The silver lining of this experience is that there are people who now know that they aren't alone."

ALEXANDRA WIGGLESWORTH

▶ Mistress Zeneca

Dirty, now clean: Porn hub still active

Nearly two years after a federal raid on National A-1 Advertising's office and seven months after the corporation was sentenced to probation and millions of dollars in fines as conditions of a guilty plea to laundering funds from prostitution-related activities, one of the country's largest porn purveyors still operates in the upscale Washington Square neighborhood of Philadelphia.

Now calling itself National A-1 Internet, the company, located on the second story of a nondescript building on South 7th Street, continues to maintain HotMovies.com, Clips.com and VOD.com. Escorts.com was confiscated — along with $4.9 million of its profits — as part of a deal engineered earlier this year in which A-1 pleaded guilty to profiting from the classifieds-like forum that facilitated the advertisement and sale of interstate prostitution.

10¢

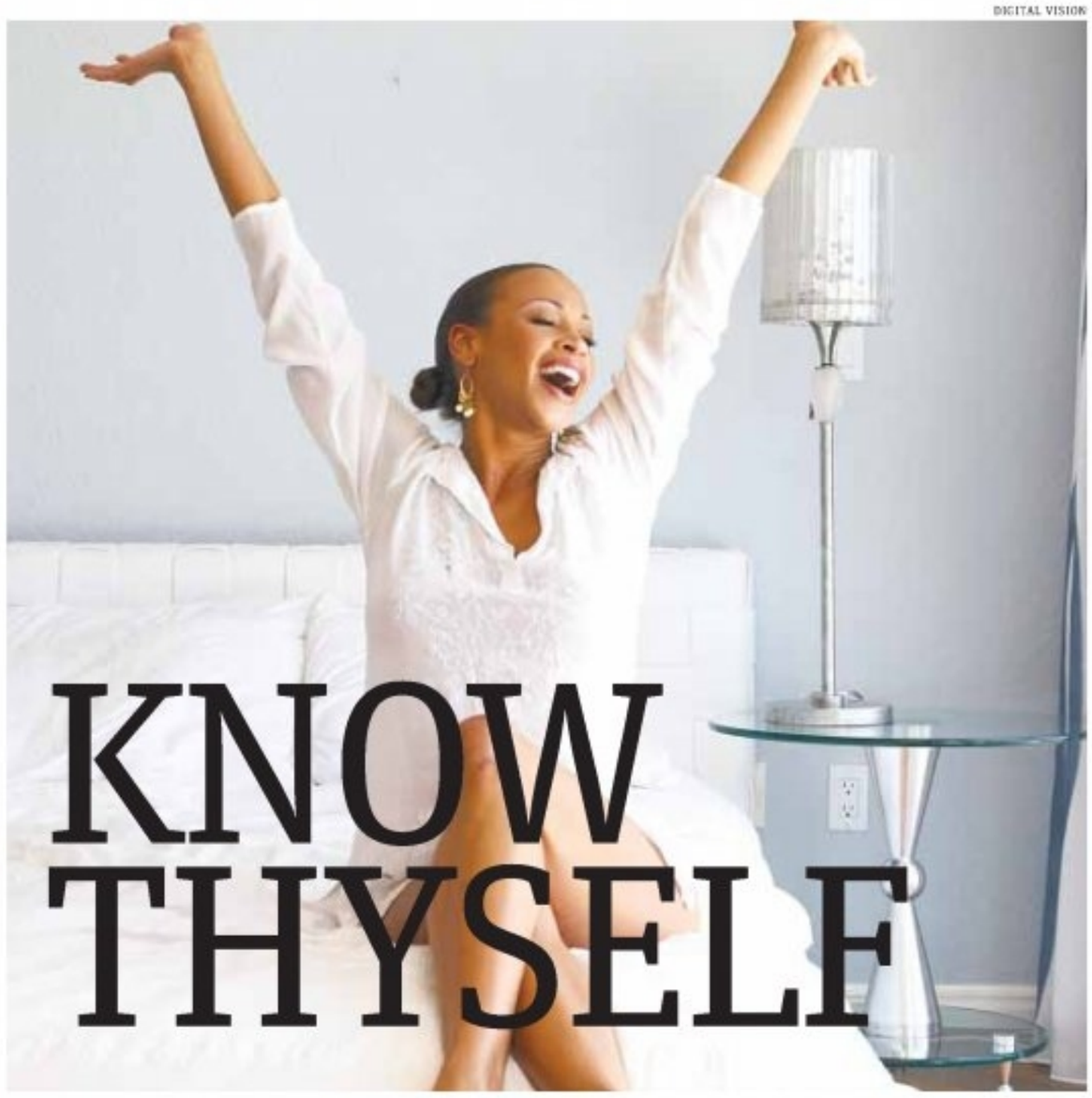
Though FCC rules prohibit "hoarding" toll-free numbers, PrimeTel appears to be in the clear because the company actually uses the numbers, which reportedly cost about 10 cents a month to reserve.

▶ **National A-1 now even offers MovieDollars.com, a webmaster affiliate program that employs a pyramid-like model that compensates other websites on a percentage basis for sending traffic to HotMovies.com and Clips.com.**

▶ **The system of aggregation and redirection is not unlike the company's strategy when it comes to 800 numbers.** Records obtained last year by the Associated Press showed that PrimeTel Communications, founded by A-1 CEO Richard Cohen, had quietly gained control of nearly 1.7 million toll-free numbers — about a quarter of all the 800 numbers in the U.S. and Canada.

▶ **The company has been redirecting callers who dial many of those numbers to A-1's phone sex operations, ostensibly with the hope of reeling some unsuspecting misdialers into patronizing their services.** Among the numbers were a hotline formerly used by a Kansas City teen AIDS prevention advocacy organization, a safety hotline that was run by the New York City Fire Department, 1-800-YOUR-PHILLIES and 1-800-WORSHIP. METRO/AW

DIGITAL VISION



KNOW THYSELF

Not having a good time in the bedroom? Sometimes the only way to fix that is to get to know what's going on down under One expert explains why pleasure is good for your health Plus: A few tools that can help

Most of us know that sex is generally a very good thing. There are even health benefits to a good orgasm (more on that later). But many feel squeamish when it comes to addressing what happens in the bedroom, explains Dr. Hilda Hutcherson, author and member of the advisory board for Intimina, a company that specializes in products designed to promote sexual health in women.

"We still give negative messages regarding sex," she says. "Sex is something that you do behind closed doors in the dark under the covers. ... Despite what you see on television — that everyone's sexually free, that we don't have any issues — in reality, [that] doesn't match with what happens in the average American home."

Dr. Hutcherson has made it her life's work to encourage women to get to know their bodies without the kind of baggage society has piled on them.

"I view it as something that's important as far as your emotional and physical health," she says. "There have been a number of studies looking at the health benefits of satisfying sexual activity, including improved sleep, decreasing stress/anxiety and decreasing depression. It boosts the immune system, I think probably because there is a marked increase in relaxation when people are sexually satisfied."

Being able to give oneself an orgasm not only creates more opportunities for healthful pleasure, it can also save a struggling relationship.

"It's about relationships, because most often [women who have difficulties with these issues are] in relationships, but they don't want to have sex because it's not pleasurable and they're not getting anything out of it. Sometimes they're blaming it on their partners," Dr. Hutcherson says. Introducing a little help in the form of an innocuous-looking toy could help to improve the situation.

"I recommend they come in with something that's not phallic, that's small ... so that [one's partner] doesn't feel like [he or she] is being replaced," Dr. Hutcherson says, but adds that solitary exploration is incredibly valuable to achieving orgasm. "The best way to learn how to bring that experience to yourself — because women are responsible for their own sexual pleasure — is by self-pleasure."

It's good for you!

According to Planned Parenthood, an orgasm can act as a natural painkiller. While some women use them to fight menstrual cramps, research also suggests that orgasms help to prevent endometriosis, a disease of the uterine lining.

SYLVIA ROXROY
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Sex toys: Harmless fun or serious health hazard?

Buyer beware: Your favorite sex toys may be seriously harming your health. Or, they could just be really gross — in a bacteria-collecting sense.

Many of the most popular sex toys on the market, such as the "Jack Rabbit" made famous by "Sex & the City," contain toxic chemicals, according to experts in the sex-toy industry.

An independent lab analysis commissioned by Smitten Kitten, an online sex-toy store, and the Coalition Against Toxic Toys (CATT) in 2006 found PVC, polystyrene, and potentially toxic phthalates in at least five best-selling erotic gadgets.

Clare Jacky, general manager at Smitten Kitten, explains that phthalates are a form of chemical plasticizer used to make hard PVC soft. They also may potentially cause birth defects, and have been linked to some forms of cancer.

60%

Some sex toys studied had as much as 60 percent phthalates in them. The amount of phthalates that become worrisome in children's toys is less than 1 percent, according to Jacky.

"Not good stuff," said Jacky. "The phthalates will leech out of the toys, and most toys made from those materials will degrade over time. The color will change, and the toy will get sticky and give off an odor."

Some sex toys studied had as much as 60 percent phthalates in them. The amount of phthalates that become worrisome in children's toys is less than 1 percent, according to Jacky.

"When you're putting these things inside your body, where there are mucus membranes, you want them to be healthy," says Rachel Venning, a co-founder of New York City's Babeland sex-toy franchise. "This is supposed to be a part of life that's fun and pleasurable and good."

Venning says all the products sold at Babeland are 100 percent phthalate-free. But if you're shopping elsewhere, she and the people behind CATT recommend a "sniff test."

Toxic toys will often emit "a powerful gust of plastic off-gassing" that smells like a new shower curtain, according to Venning.

DANIELLE TCHOLAKIAN

▶ The phthalates in these sex toys caused them to melt after just a few days, according to Clare Jacky of Smitten Kitten.

"When you're putting these things inside your body, where there are mucous membranes, you want them to be healthy," This is supposed to be a part of life that's fun and pleasurable and good." RACHEL VENNING

What to look out for in sex fun: The good and the bad

Rachel Venning, co-founder of Toys in Babeland, recommends silicone as the best material for sex toys.

"It's safe, clean, easy to wash and take care of, firm but pliable, and it's got a nice texture to it. A lot of the best quality toys are made from silicone," she explained.

Venning says cheaper rubber toys have tiny pores where bacteria can collect, and are difficult to clean. She advises to look for toys that are non-porous and easily cleaned with soap and water.

AVOID sex toys made out of these products:

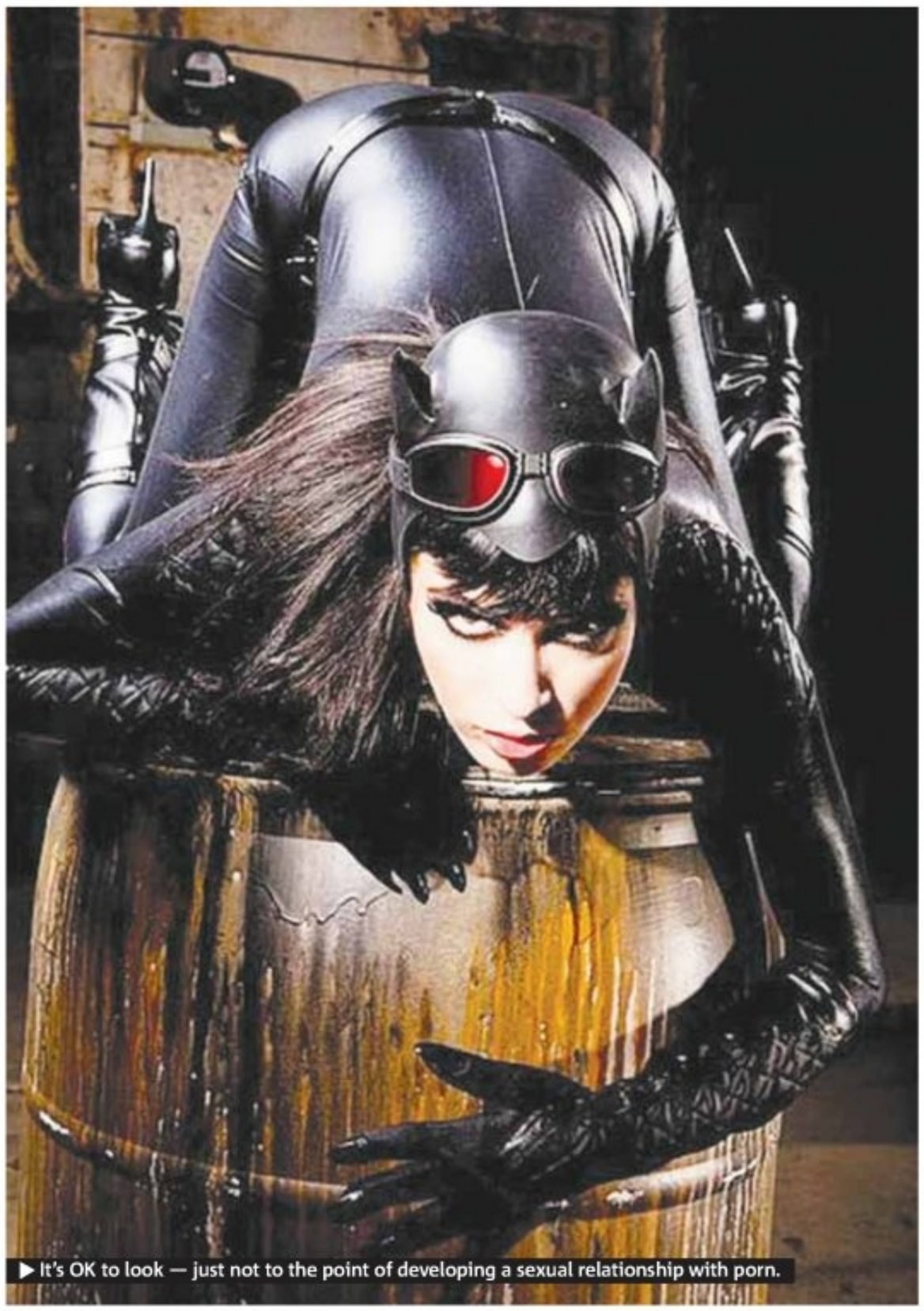
- Phthalates, a "plasticizer" softener used in PVC
- Polystyrene
- "Jelly-like" materials
- Porous materials

ENJOY sex toys made from these materials:

- Medical- or food-grade, non-porous materials, ideally hypoallergenic
- Hard plastic
- High-quality silicone
- Glass
- Ceramic
- Medical-grade plastics

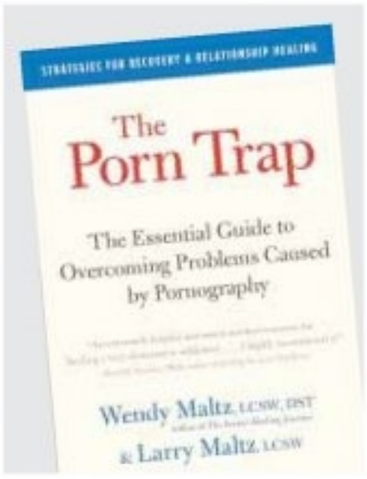
The porn problem: Too much of a good thing may be bad for you

Hey, stud — those videos may be ruining your sex life Signs that explicit material may be damaging


▶ It's OK to look — just not to the point of developing a sexual relationship with porn.

While you're reading "Fifty Shades of Grey," your husband might be watching casting couch videos online. Should you be worried? Should he?

Because the Internet makes porn so prevalent, more people are being diagnosed with sexual disorders related to explicit materials, according to sex therapist Wendy Maltz. Maltz co-wrote a book with her husband called "The Porn Trap," directly addressing the issues that arise when too much smut is in the home.



"It's so easy to get porn," Maltz explains. "All the old barriers have been brought down ... and people are developing a sexual relationship with it."

"All the old barriers have been brought down. [Porn is] easy to get, and people are developing a sexual relationship with it." WENDY MALTZ

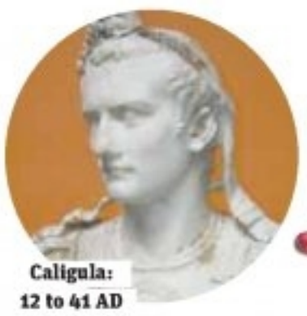
For some, having an intimate relationship with porn can lead to problems when it comes to sexual performance, including how they function in the bedroom or difficulties when it comes to ejaculating. It can also create confusion in relationships. People may come to expect behavior they see in sexually explicit films as regular activities, when in fact it's far from the norm. There's also the argument that it can encourage bad behavior, including degradation of women or the abuse of children.

That doesn't mean that every person watching porn is destined to be a sexual deviant. Maltz acknowledges that most people will be able to view adult material without any repercussions. She points out that it can be an educational tool to help bring couples together, especially when it teaches how to give a sensual massage or how to try a new technique. Still, there's always the danger that too much porn can be harmful.

"It has that potential for a certain percentage of the population to create some very serious problems," she says.

MICHELLE CASTILLO
METRO WORLD NEWS IN LONDON

Timeline: More scandalous than 'Fifty Shades'


Caligula: 12 to 41 AD

Good vibrations: 1869

First known case of AIDS: 1959

The intern: 1995

Cowa-Bunga!: 2010

Maid, not to order: 2011

12 to 41 AD
Roman emperor Caligula hosted orgies where he was known to have sex with his sisters as well as pimp them out to some of his guests.

15th century
The Asian upper class made condoms out of oiled silk paper or lamb intestines in China and tortoise shell or animal horn in Japan. Both forms of contraception only covered the tip of the penis.

Mid-1600s to mid-1700s
Sultan Moulay Ismail Ibn Sharif holds the world record for fathering anywhere from 867 (confirmed) to 1,042 (rumored) children with his 500 wives. Some historians estimate he would have had to have sex with 4.8 women once a day for 40 years to have that many offspring.

1729 to 1796
Catherine the Great had her own torrid love affairs with men normally half her age. She rewarded her lovers by appointing them to royal positions.

1869
One of the first vibrators, a steam-powered device called the "Manipulator," was invented by Dr. George Taylor to give doctors a hand in their pelvic massage treatment. It was used to cure certain illnesses, including female hysteria.

1942
Dr. Carl Clauberg began his horrifying Nazi experiments at the Auschwitz concentration camp in which he attempted to sterilize women. Looking for a low-cost method, he decided injecting acid into their uteruses—without using anesthesia — was the best option.

1959
The first-known case of AIDS was documented in the Congo. It's assumed the virus evolved from a weaker simian immunodeficiency virus found in monkeys.

Late 1980s to early 1990s
Porn became available online through anonymous FTP servers.

1995 to 1997
Monica Lewinsky.

2010
Silvio Berlusconi hosted "Bunga Bunga" parties.

2011
Dominique Strauss-Kahn revealed that he frequented sex clubs like Paris' "Les Chandelles" and liked rough sex, but whether or not he knew they were prostitutes depends on who you believe.

THE 2012 SEX POLL

We interviewed 2,500 readers about your most intimate secrets
Here's what you revealed

▶ Survey says: "Let's get it on."

What's your kink of choice?
You really enjoy your public displays of affection: An overwhelming 42 percent of survey responders admitted to having sex outdoors or in public. And, while your parents might have told you not to play with your food, now that you're an adult you enjoy bringing the edibles into the bedroom (21 percent).

Three's never a crowd: 13 percent of you have dabbled in a menage a trois. (Are 13 percent of you lying?)

About 14 percent have tried the dominant game while 10 percent have played the submissive, and an especially sexually adventurous 4 percent of you have tried on some S&M gear. Playing with candles (4 percent) didn't light your fire as much as playing with butt plugs (9 percent). And a select few of you (4 percent) have a few sexy secrets that weren't even mentioned.

Note to the 34 percent of you who said you weren't kinky: Experiment. If butt plugs are too adventurous, maybe try food in bed — you probably eat there anyway.

What kind of erotica do you enjoy?
About a quarter (27 percent of you) don't need outside materials to turn you on. But when it comes to your sexual media, the majority of you head online. Forty-five percent get excited from videos and Web clips, with a small portion of responders preferring to watch sex acts live (4 percent).

Erotic fiction tickles the fancy for 15 percent, while a tiny percent of you are hanging on the phone (2 percent). About 7 percent are lovers of the arts — pornographic photography art, that is.

Why is 'Fifty Shades' such a big deal?
For 10 percent of responders, you felt the most appealing part the "Fifty Shades" series was the fact that reading about sex is empowering. However, a lot of you also believed the books had people hooked because it made submissive fantasies more mainstream (8 percent).

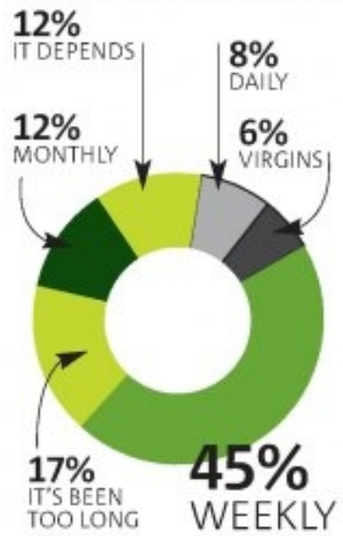
Five percent couldn't ignore that the books' popularity was probably due to the connection to "Twilight," while 6 percent felt the fantasy series' basis in reality was what made so many people to read it.

Three percent felt the reason that "Fifty Shades" was so popular was because it was available on e-book, allowing allowing readers to peruse steamy scenes anywhere — even while riding public transportation. MWN

They've gotta have it

How often do you have sex?

Look at the person next to you. Wink. Today may be your lucky day: 45 percent said they get busy weekly, which beat daily (8 percent) and monthly (12 percent) for the top spot. Only 1 percent have sex yearly, and 12 percent didn't know or said "it depends," but second place actually went to: "It's been too long since the last time" (17 percent). Sorry, folks. May we introduce you to some virgins (6 percent)?



Sweet, sweet fantasy

What fictional characters do you want to see getting it on?

Light the bat signal: 22 percent of you want to see Batman and Catwoman get busy. Marvel heroes Iron Man and Black Widow aren't that far behind (11 percent), but you weren't so interested in seeing Spider-Man finally land Gwen Stacy (5 percent).

For you "Hunger Games" fans, Katniss and Peeta (3 percent) beat out Katniss and Gale (2 percent).

Quiz

What kind of lover are you?

▶ Snugglebutt is such a romantic.

1 Do you like to try new sex positions?
A Only ones where my Snugglebutt and I can gaze longingly into each other's eyes.
B Nah, I know what works for me.
C I open my copy of the "Kama Sutra" almost as much as my legs.

2 Lights on or off?
A Candles, but of course!
B Does (s)he look fat? Then shut 'em off. Ruins my mojo.
C Hmm. Well, the lights usually flash on AND off at the Happy Hardcore sex club.

3 What goes through your head during sex?
A Love me, love me, say that you love me.
B Let's get to my stuff, already.
C I wonder if (s)he'll notice me reading the news on my iPhone?

4 Favorite background sex music?
A "2 Become 1," The Spice Girls. Or the "50 Shades of Grey" audiobook.
B "(I Can't Get No) Satisfaction," The Rolling Stones.
C "Trapped in the Closet," Chapter 9. A midget.

5 You prefer to sleep ...
A In something lacy, silky or soft.
B Alone.
C In a choke-hold.

6 Who's your all-time fave celebrity couple?
A William and Kate, the duke and duchess of Cambridge.
B Jack Nicholson and ... whoever he wanted.
C Angelina Jolie and Billy Bob Thornton.

7 Mid-shagging you get the sense that your lover isn't into it. You:
A Reach for more warming lavender massage oil. Mmmm.
B Don't notice, don't care.
C Loosen his/her chains.

8 What was your favorite childhood activity?
A Watching your favorite Disney fairy tale on repeat.
B A tea party alone.
C The swings.

Answer key

- **Mostly A's.** You're a romantic. Consider adding a little edge, though. And stop calling people Snugglebutt.
- **Mostly B's.** You're selfish (and a little rude). We're kind of attracted.
- **Mostly C's.** You're kinky. Roll up this newspaper and spank someone.

SHAKTHI JOTHIANANDAN

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THE WORD

Metro's **Dorothy Robinson** shares her take on the world of gossip @dorothyatmetro dorothy.robinson@metro.us

The song remains the same for Zep reunion: Vague

GETTY IMAGES

Don't ask **Led Zeppelin** if they're getting the band back together.

Numerous reporters tried yesterday at a press conference promoting the release of their concert film, "Celebration Day," but the British rock gods dodged and weaved. "We've been thinking about all sorts of things. But we can't remember what we were thinking about," quipped lead singer **Robert Plant**. Guitarist **Jimmy Page**, bassist **John Paul Jones** and **Jason Bonham** — the son of the band's late drummer John Bonham, who played drums on the band's one-off 2007 tribute concert for friend and Atlantic Records founder **Ahmet Ertegun** — were all mute on the subject (actually, the younger Bonham never commented one way or another on the topic; he just seemed stoked to be there).

"At this time five years ago, we were rehearsing to get to the O2. If you think about the time it gets something like that to get together, it seems unlikely," said Page. He continued: "We were so happy we were getting it right and taking it beyond what we thought we were about that night. To do that four nights a week is a different thing entirely."

▶ Page and Plant

But they never said never.

So there is still hope for all you Zep fans out there (you can thank me later, **Paul Ryan**). And if you do either catch them live or see the film, keep an eye open for the band's facial expressions.

"We used to call ourselves 'The Band of Nods' because if you missed a cue you would nod — that had nothing to do with opiates," said Plant. "And now, we've turned into 'The Band of Middle-Aged Grins.'"

Celebrate 'Celebration Day'

"Celebration Day" will be released worldwide on Oct.17. Tickets for the public screenings are available now via Ledzeppelin.com.

The feed ...

▶ **Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.**

@taylorswift13
I feel like I'd be more understood if people knew 'I Don't Want to Miss a Thing' by Aerosmith is how most of my emotions sound in my head.

@Joan_Rivers
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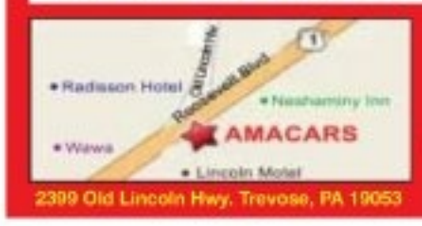

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All-star booty shots, B-team books

1 **Christina Aguilera** obliged with a booty shot yesterday at the American Music Awards nominations press conference.

2 **Joan Rivers** sassed London yesterday.

3 That's a lot of dress for a little person. **Keira Knightley** posed with the gown she wore in "Anna Karenina," which is now on display at London's V&A Museum.

4 **Ethan Hawke** and wife **Ryan** were cute and close on the red carpet for his latest, "Sinister," Monday night in New York.

5 Who keeps buying **Jenny McCarthy**'s books? (No, really, people: We want names.) The actress signed copies of her latest, "Bad Habits: Confessions of a Recovering Catholic," in L.A. on Monday.

1. KEVIN WINTER/GETTY IMAGES
2. NEIL MOCKFORD/FILMMAGIC
3. DAVE HOGAN/GETTY IMAGES
4. JOHN M. HELLER/GETTY IMAGES
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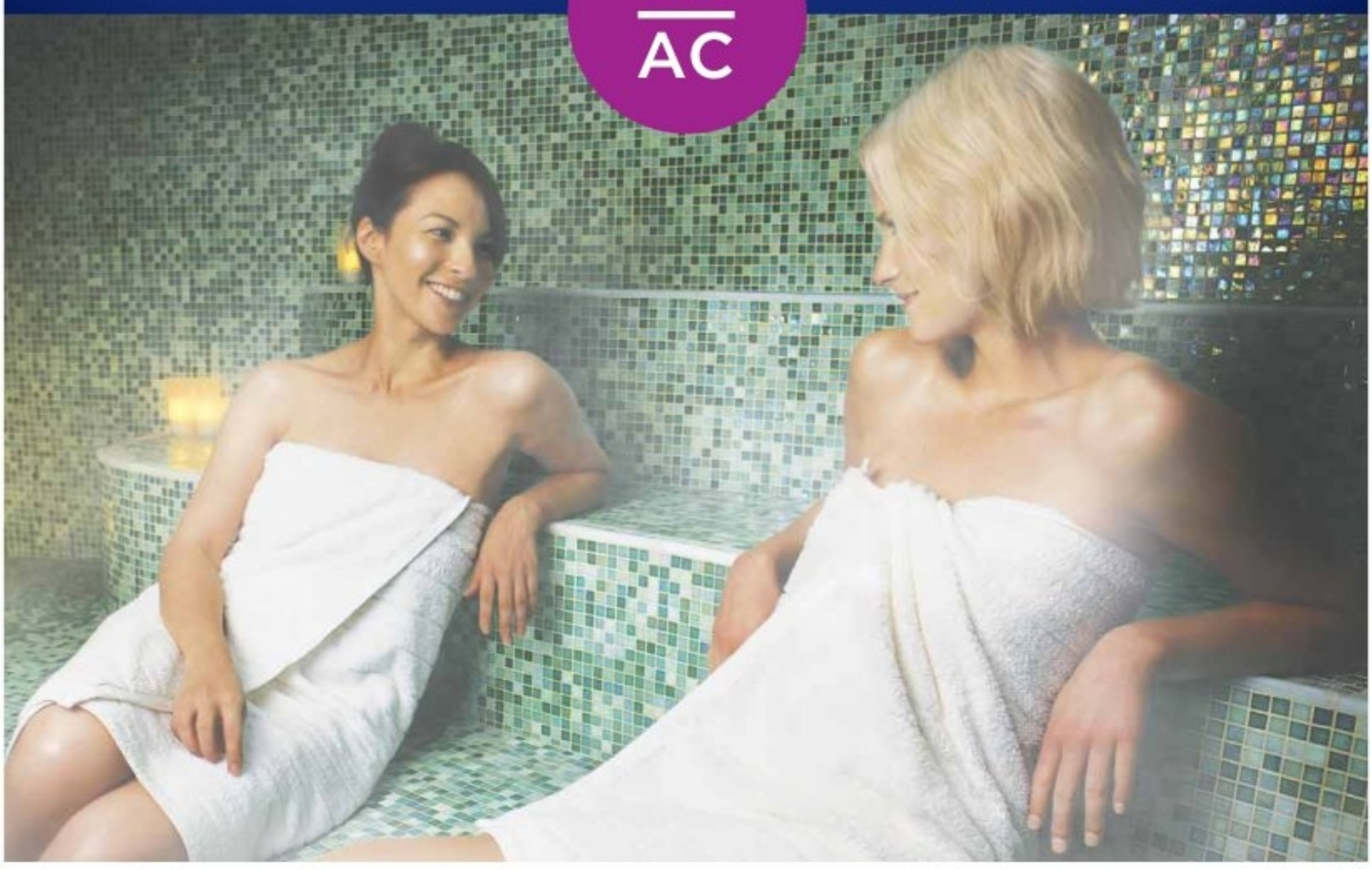

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What we're into

@JohnBolaris

If you've been in this city awhile, you probably feel like you know John Bolaris. Or at least you should. Like the ex who wouldn't quite go away — and you didn't quite want to go away — Bolaris has been good-naturedly forecasting Philly's mercilessly muggy summers and impossibly icy winters on and off for decades now, undaunted by the fact that we occasionally banish him for overhyping a storm. (Seriously people — look into his sparkly eyes and get over it.) But even so, even though he's the guy who told us not to forget an umbrella on the way to school, his Twitter feed surprised us. Puppy-level excited weather updates, completely unwarranted Philly cheerleading, more smiley faces than a drunk Miley Cyrus text: Now, we're not sure what this guy's deal is — but we're definitely following.

▶ DesignPhiladelphia kicks off today.

Pumpkin coffee

No offense to Starbucks: They own the pumpkin spice latte, and no one — not your mom, not John Bolaris — will be nicer to you at 16th and Market than their baristas. But Dunkin' Donuts' new pumpkin coffee is a serious contender this fall — it's sneakily smooth, not overly perfume-y and low in calories, if you don't make eye contact with the glazed pumpkin cake donuts.

Hello, fall friend.

DesignPhiladelphia

Kicking off today, DesignPhiladelphia is a five-day celebration of stuff that looks great and works even better. Admittedly, that's not always this city's strong suit, so get your fill while you can. For a complete list of events, visit **www.designphiladelphia.org.**

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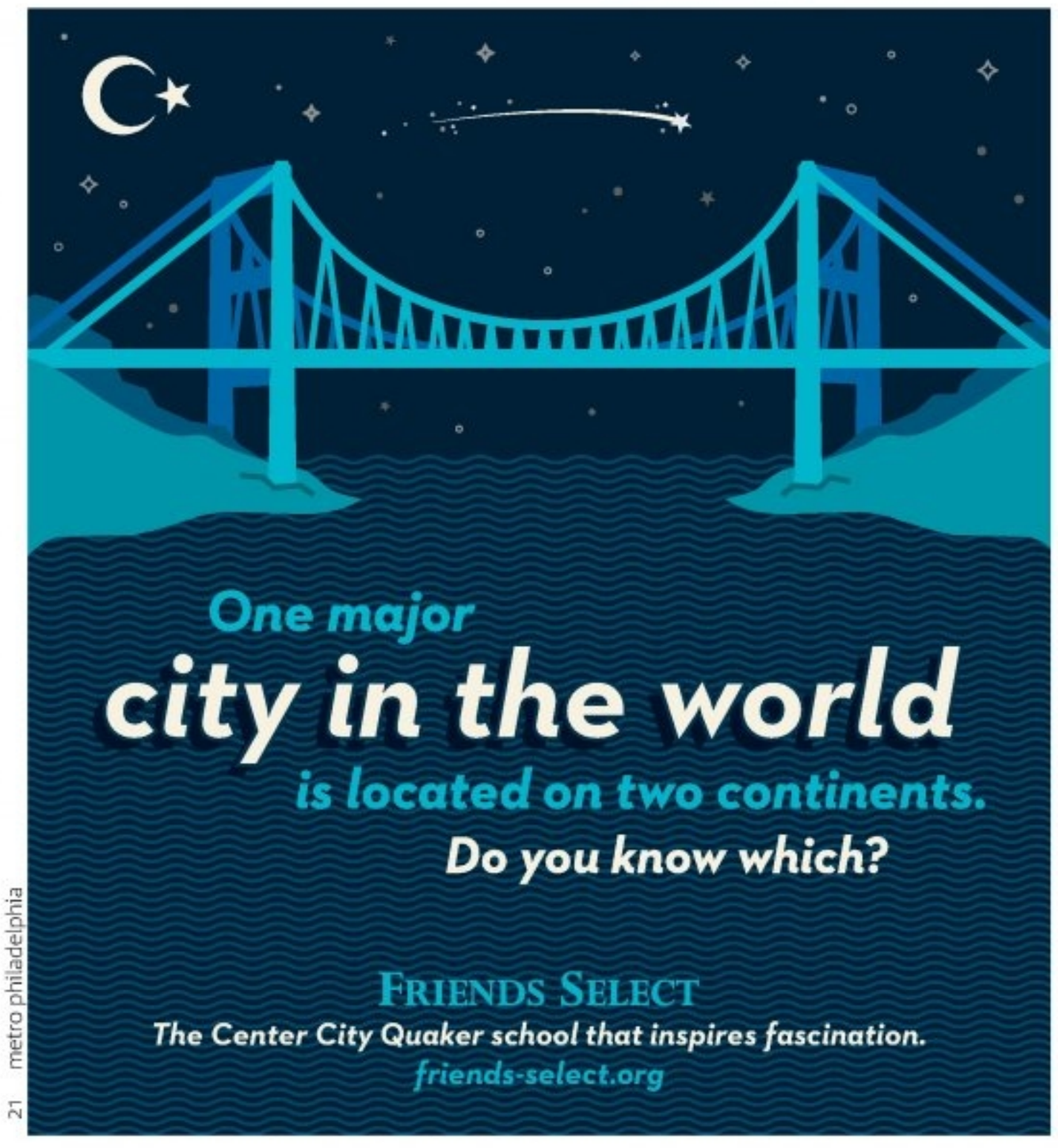

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Sixth time is a charm

Video games and sequels go together like peanut butter and jelly or, um, candy corn and Oreos. Still, it takes a special franchise to weather the years and the ever-changing tastes of gamers. Two series just reached this wondrous milestone. In lieu of an anniversary party, read these reviews.

Sidescroller

LAWRENCE BONK
LAWRENCE.BONK@METRO.US

'Resident Evil 6'
Console: 360/PS3
Company: Capcom
Grade: ●●●○○

"Resident Evil" invented the idea that you could be scared by playing a video game. Since the original launched in 1996, this constantly evolving zombie thriller has terrified legions of gamers. In recent iterations, however, the scare factor has dropped in favor of gun-toting

▶ Like killing zombies? Then "Resident Evil 6" is the game for you.

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action. "Resident Evil 6" continues this tradition. To be sure, the days of slowly creeping toward the next thrill are gone.

This title is polished and a pretty good game — but at the end of the day, it doesn't feel like survival horror. There are still a ton of zombies though.

'Pokemon Black 2'/ 'Pokemon White 2'
Console: DS/3DS
Company: Nintendo
Grade: ●●●●◐

Technically, there has been a boatload of games that task you to catch 'em all. These two, however, are generally considered to be the "sixth generation" of Pokemon. They feature new characters, some new locations and, most importantly, new Pokemon to capture and force to fight to the death. Ah, the magic of childhood.

The general formula hasn't changed since the late-'90s but the gameplay still is addictive as all get-out. There's a huge world to explore and hundreds of critters to ensnare.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.

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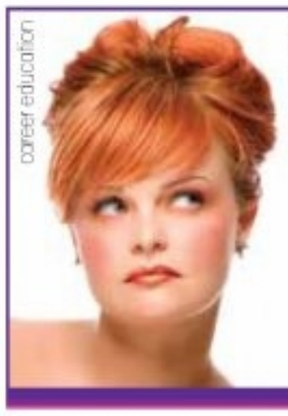

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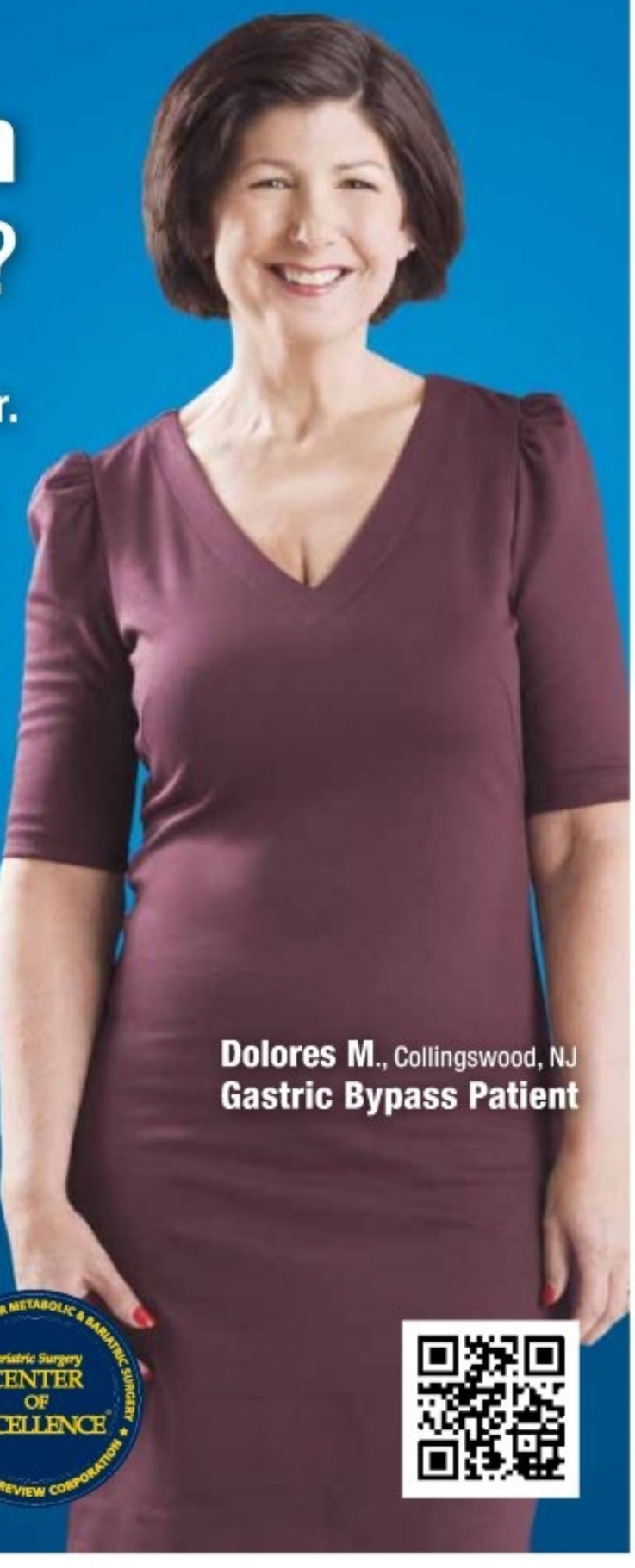

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TV watch list

'The Middle'

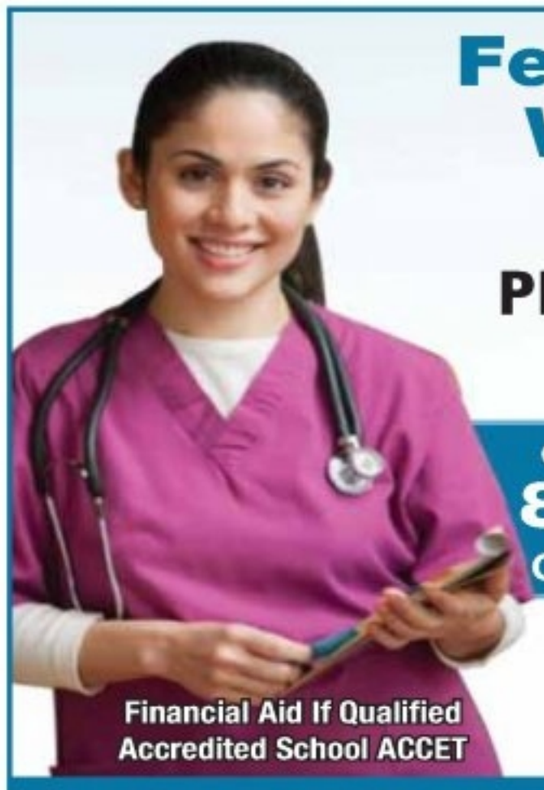
COMEDY. Dave Foley guest stars as Brick's school therapist. **8 p.m., ABC**

'Chicago Fire'

DRAMA. From "Law & Order" creator Dick Wolf comes this drama about firefighters who battle infernos when they're not fighting each other. Also, they mostly choose not to wear shirts, which brings an entirely different definition of hot to this series. **Series premiere, 10 p.m., NBC**

'Nashville'

DRAMA. You don't have to be a country music fan to appreciate the Music City soap opera "Nashville," fall's best new drama. Connie Britton and Hayden Panettiere headline as singing superstars, established and up-and-coming, with a budding rivalry more than hinted at in the pilot. **Series premiere, 10 p.m., ABC** AMBER RAY



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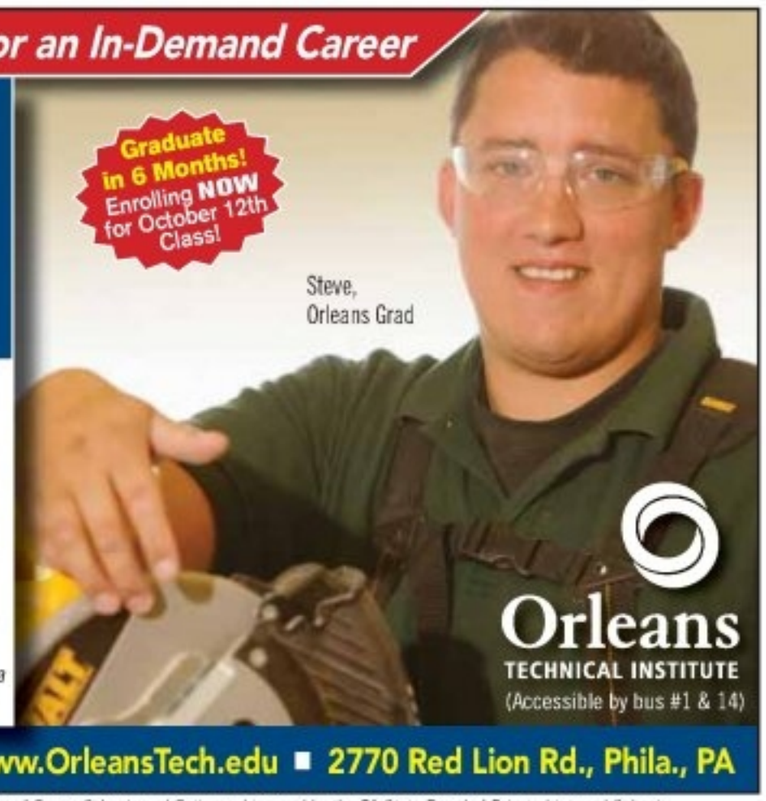

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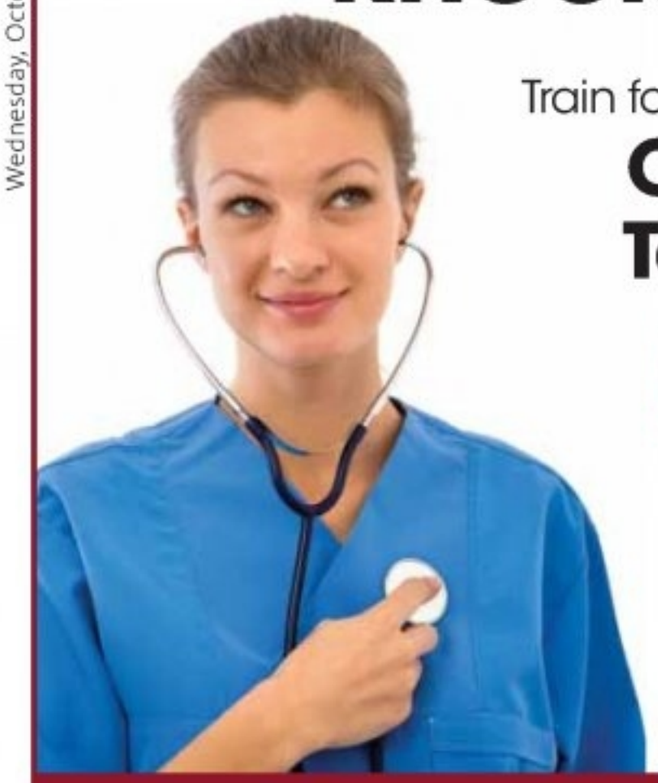

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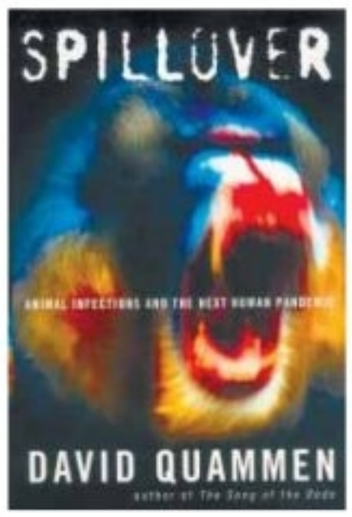
New releases

Pandemic alert: Are we at risk?

Lately, headlines have been filled with scary diseases like the hanta outbreak in the national parks out West and West Nile virus closer to home. These — as well as the nightmarish diseases Ebola, SARS and AIDS — are examples of what scientists call "spillover."

In a spillover, a virus or other disease-causing pathogen moves from an animal species to humans. Science writer David Quammen has traveled around the world to learn about these diseases. He describes his adventures in a highly readable book, "Spillover: Animal Infections and the Next Human Pandemic" (W.W. Norton, 2012). This is the first book written for the general reader that draws the connections between medicine and ecology. "Human health, the disruption of wild ecosystems, the infection status of bats and rodents and monkeys, and the ecology and evolution of viruses are all inextricably connected," Quammen says.



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Letters

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Facts should be flagged for review

RE: "FACTS? WE'RE TALKING ABOUT FACTS?" (METRO, OCT. 9)
News columnist Michael J. Frosch raises an interesting point regarding candidates lying during televised debates. Maybe a rule change is needed. Presidential candidates should be given at least the same opportunity as NFL coaches to challenge a questionable call. Each candidate could be given one challenge flag. If Candidate A cites a questionable fact, Candidate B could throw the challenge flag. A panel of moderators would fact-check the statement and point out fabrications, misinterpretations and flat-out lies. If the statement proves untrue, Candidate A would then be embarrassed in real time, which would hopefully deter incidents of truth-bending. Candidate B gets to keep the challenge flag for another incident. If the statement is true (or reasonably so), Candidate B loses the challenge and can't throw any more challenge flags. For added entertainment value, the networks could hire former replacement referees as moderators.
NEWMAN M. PEPYS, VIA E-MAIL

Mr. Frosch's column is a joke, and he's just another scared Democrat giving another spin on why the president did so badly in the debate. The format made it a true debate. The mainstream media resents when the president is challenged, since they will never do it. His column is never fair, always biased.
PETER MOLTER, VIA E-MAIL

Michael Frosch got it 100 percent right in his column. As was quoted, 80 million people watch the debate. And maybe 20,000 read anything about debunking the actual facts. Lessons learned for future debates:
1. Say anything you want regardless of how true it is.
2. Act presidential.
3. If your opponent calls you on your facts, see items 1 and 2.
KURT BRAUN, VIA E-MAIL

What silly people, protesting tyranny

Mitt Romney has poise, profound knowledge of business and understands the art of politics. His positive image radiates respect which is a distinctive feature of a world leader. President Obama sounds like a skillful union organizer. Look what happened to Egypt after he had agitated group enthusiasm in Cairo a couple of years ago. **WILLY MACHAN, VIA E-MAIL**

There's just no accounting for taste

RE: "GET THESE 'FLY BY NIGHT' ARTISTS OUT OF THE 'LIMELIGHT!" (METRO, OCT. 8) I agree with letter writer Robert LaRosa that the Rock and Roll Hall of Fame has plenty of omissions, but to claim that N.W.A. and Public Enemy are not musicians is ignorant and shortsighted. Those fine artists have made some of the most exciting, raw and innovative music of all time. Music theory has not yet evolved to be capable of analyzing this great music, let alone being the sole criteria for what is considered great rock. Remember, Elvis could hardly read or write a note or barely strum his prop guitar. Should he have been omitted, too?
DEREK DEMULLING, VIA E-MAIL

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Horoscope

♎ Libra **Sept. 23-Oct. 23.** Don't be reluctant to say what needs saying. You're not just a capable teacher, but an excellent salesperson as well. Others can benefit from many of your ideas and comments.
♏ Scorpio **Oct. 24-Nov. 22.** Hunches or perceptions should not be ignored, especially if they pertain to your commercial affairs. There's a good chance your intuition will zero in on things your logic overlooks.
♐ Sagittarius **Nov. 23-Dec. 21.** Some of your bigger expectations might have a better chance of fulfillment than will your lesser ones. It behooves you to not put any limitations on your thinking.
♑ Capricorn **Dec. 22-Jan. 19.** When it comes to your work or career, you could be exceptionally fortunate when working on vital projects. Don't be afraid to handle more than one task simultaneously.
♒ Aquarius **Jan. 20-Feb. 19.** Something in which you're involved has excellent potential for success, as long as it's reorganized. This is an especially good day to take some time to make improvements.
♓ Pisces **Feb. 20-March 20.** There is a good chance that you could reap some rather substantial benefits from shifting conditions. Even a few sudden changes could prove to be lucky for you.
♈ Aries **March 21-April 19.** Things could work out quite well in a partnership situation, if the ideas you have mesh well with the course of action your partner wants to take.
♉ Taurus **April 20-May 20.** You are likely to discover that what you have to offer, whether it is an idea or a product, could be more valuable than you first realized. Rethink the deal you made with another.
♊ Gemini **May 21-June 20.** You won't just be a good leader, you're also likely to be a very capable manager. Make sure you're both when dealing with sticky situations.
♋ Cancer **June 21-July 22.** Things will work out in the long run if you are patient enough to wait it out. Don't get disturbed over a matter that gets off track — it's just a temporary mishap.
♌ Leo **July 23-Aug. 22.** Because you'll know how to make everyone you encounter feel that he or she is special, your popularity is likely to reach a high point. You'll deserve the pats on the back you receive.
♍ Virgo **Aug. 23-Sept. 22.** Although it might come as a surprise, Lady Luck will tend to favor you. The two areas in which she is likely to reward you pertain to your status and finances.
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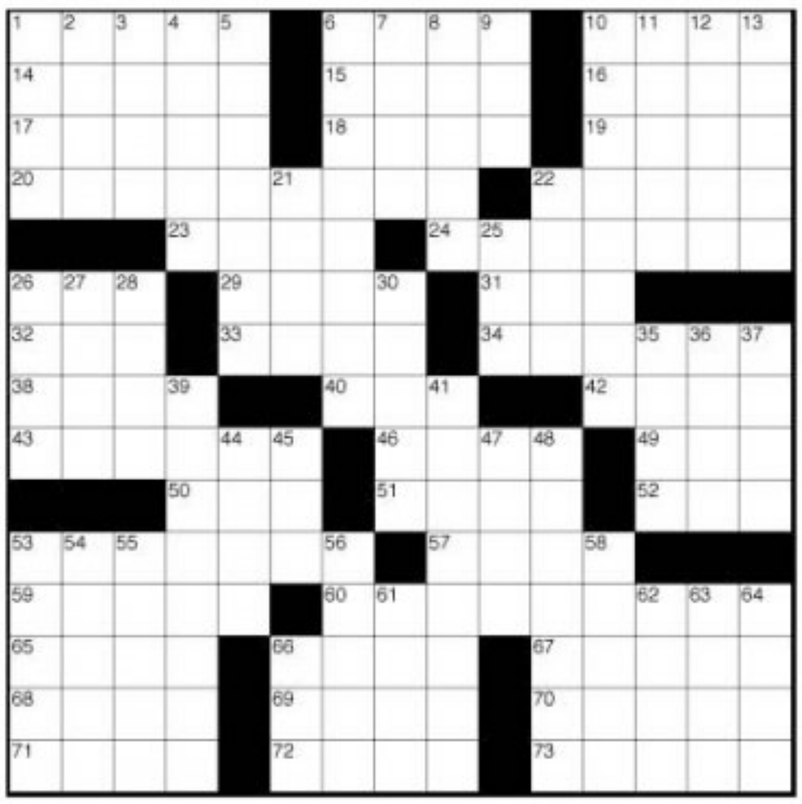
Across
1 Hooded snake
6 Clear a trail
10 Agile
14 Theater awards
15 Lectern
16 Muse of history
17 Was sincere
18 Nothing, in Nice
19 Skein of yarn
20 Accidental witness
22 Idaho capital
23 Facet
24 Saw Elvis?
26 Clammy
29 Asian royalty
31 Many millennia
32 Puffin kin
33 Barely makes ends meet
34 Surface
38 Wrinkle remover
40 Solstice mo.
42 Interpret tea leaves
43 Also-rans
46 Pajama coverer
49 — Maria (coffee liqueur)
50 252 calories
51 John, in Wales
52 Freddy Krueger's street
53 Rabbit burrows
57 Diminutive suffix
59 Fields of study
60 Protons and electrons
65 Cpls.' bosses
66 Romance novelist Victoria —
67 Two-door car
68 Barbecue favorite
69 Vaccine type
70 Ms. Burstyn
71 Portico
72 Refute
73 Struck out by an editor



Down
1 Honey holder
2 Do as told
3 Slant
4 Takes an apartment
5 Nimble Fred
6 Calcified
7 Fifi's friend
8 Most truckers
9 "— -Tiki"
10 Tall beer glass
11 Unadorned
12 Car-wash step
13 Paired, as oxen
21 Bismarck loc.
22 Economic upturn
25 Elf-sized
26 Go like a siren
27 Currency established in 1999
28 Ring stats
30 Grenoble's river
35 Solar plexus
36 Oprah's middle name
37 Red-waxed cheese
39 Kearney's place
41 Not openly
44 Hwys.
45 Grab some rays
47 Fiberglass bundle
48 Led on
53 Yellow jackets
54 Slang
55 Nostalgic look
56 Mushroom-to-be
58 Quebec school
61 Astronaut — Shepard
62 Breather
63 Fencer's blade
64 Fax, maybe
66 Mortar trough

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				4		9		
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SUDOKU **LEVEL: EASY**

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3			4		9			
2			1					
	9							
1	5		6		3		7	2
							1	
					5			8
			2		8			7
	3		7	9	6	2	4	

SUDOKU **LEVEL: HARD**

Solution to yesterday's crossword

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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3

Expert: Bynum's knee bruise not debilitating

Philly feeling déjà vu over injury ◗ Arcadia professor says German procedure didn't cause problem ◗ History suggests center may be jumping wrong ◗ Will Sixers offer long-term deal?

The last time the Sixers made a big splash, they bought damaged goods in the form of Elton Brand. Andrew Bynum's knee issues are bringing feelings of déjà vu.

With the season opener three weeks away, Bynum is sitting out practice due to a bone bruise in his knee. The injury was discovered shortly after Bynum returned from Germany, where he underwent a procedure called Orthokine.

In a vacuum, a simple bone bruise wouldn't be much to worry about, according to Brian Eckenrode, assistant professor of physical therapy at Arcadia University.

"There's micro-damage into the cartilage and bone of the knee joint," Eckenrode said, noting he hasn't personally examined Bynum. "There is pain from abnormal compression of the joint surfaces, but it's not debilitating. Bone bruises can occur from ligament tears in the knee because the injury pattern results in bones of the knee bumping up against each other. They can also occur from repetitive compressive forces such as running and jumping."

Bynum does have a history, which means the bone bruise isn't in a vacuum. He tore his right MCL in 2009 and needed further surgery on that knee after the 2010 season.

"Knowing he's got a history, looking at the overall picture, I'd wonder if he is doing something abnormal when he's jumping that's predisposing him to these things," Eckenrode said.

Eckenrode doesn't believe the platelet injection Bynum received in Germany caused the bone bruise. It will likely clear up, but it does cloud the long-term situation.

The Sixers can offer Bynum a three-year, $60 million contract extension on Feb. 10. If they wait until after the season, a max deal would be worth five years and $100 million. It's a lot of coin and cap space for a guy whose knees are an issue.

ADAM LEVITAN
alevitan@metro.us

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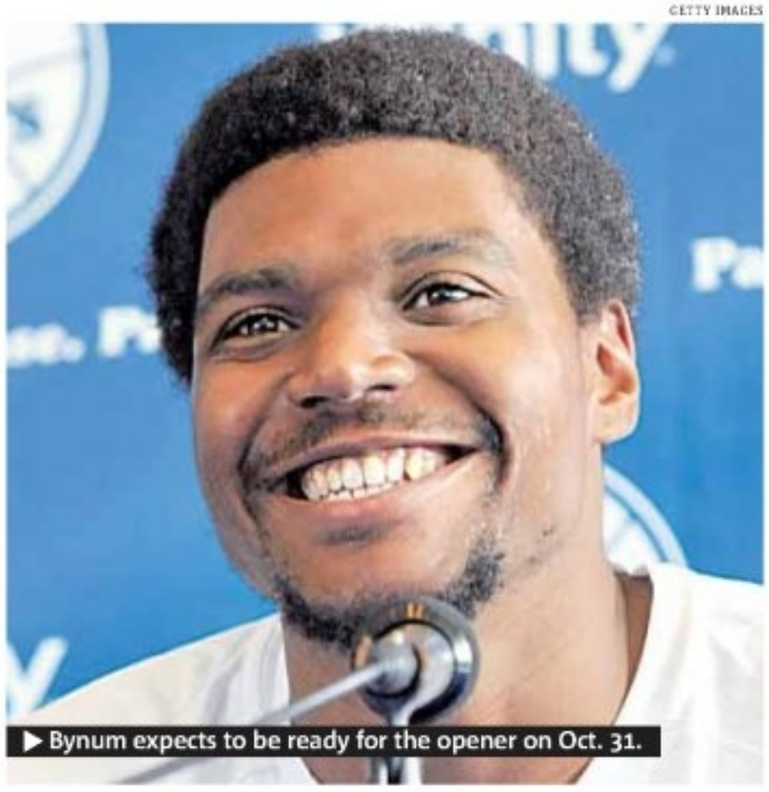

▶ Bynum expects to be ready for the opener on Oct. 31.

Extra, extra

- **Bynum said Monday** that he expects to play in the season opener (Oct. 31) against Denver.
- **Bynum has been studying** DVDs of recent practices to learn the offense.

Testing it out

Hamilton to hit open market

The Texas Rangers will allow slugger Josh Hamilton to test free agency, according to GM Jon Daniels.

The Rangers plan to negotiate with Hamilton, but so will the rest of the league. Hamilton, 31, batted .285 with 43 home runs and 128 RBIs last season, his fifth in Texas. METRO

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Metro's NFL Power Rankings | by Mike Greger

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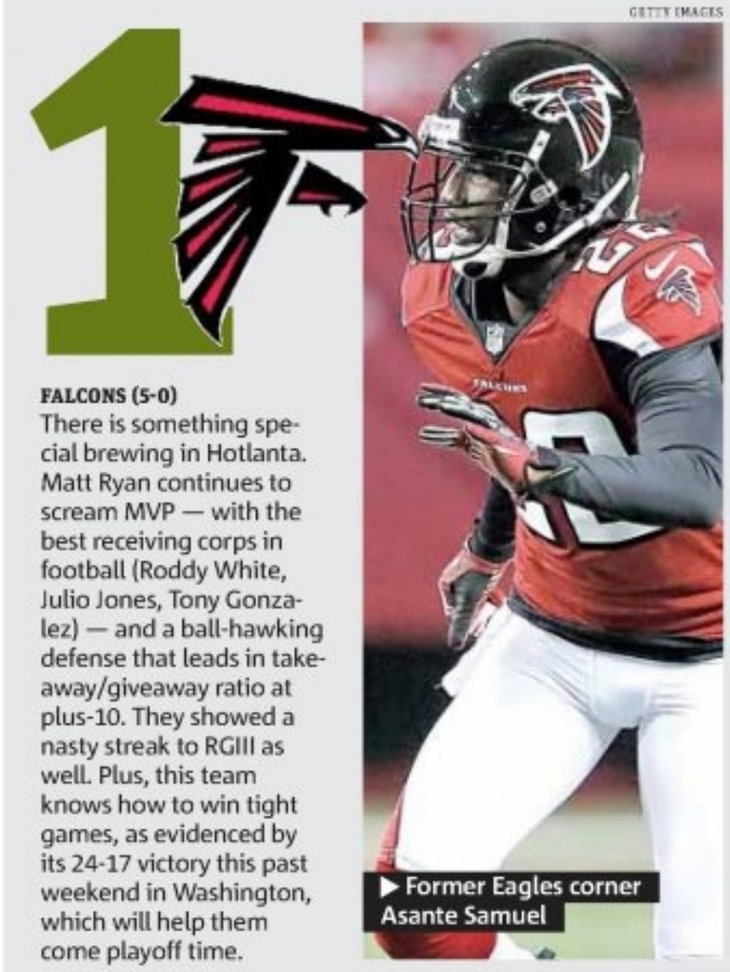

▶ Former Eagles corner Asante Samuel

1 FALCONS (5-0)
There is something special brewing in Hotlanta. Matt Ryan continues to scream MVP — with the best receiving corps in football (Roddy White, Julio Jones, Tony Gonzalez) — and a ball-hawking defense that leads in takeaway/giveaway ratio at plus-10. They showed a nasty streak to RGIII as well. Plus, this team knows how to win tight games, as evidenced by its 24-17 victory this past weekend in Washington, which will help them come playoff time.

2 TEXANS (5-0)
Settled for too many field goals Monday night, but that zone blocking scheme, especially on the back side (right Jon Gruden?) is fun to watch.

3 49ERS (4-1)
That's 79 points in last two wins. With Alex Smith protecting ball (one turnover) and a lights-out defense, Niners show no sign of slowing down.

4 RAVENS (4-1)
Showed they can win ugly, and that one last week was as ugly as they come. Harbaugh Bowl still very much alive, so long as they shore up that porous run defense.

5 PATRIOTS (3-2)
Bill Belichick is pounding the rock (254 rushing yards last week) all of a sudden, and no one can adjust. Pats have most explosive/well-balanced offense in the NFL. *Gronkowski's hickeys don't lie.*

6 CARDINALS (4-1)
We'll stick with Cards for another week. They were due for a loss. Got to stop losing starting running backs, though. Where's Ottis Anderson?

7 VIKINGS (4-1)
Matty Ice is still front-runner, but you could make a legitimate case for Percy Harvin as MVP. He's definitely the most explosive player right now, able to change games with one cut.

8 BEARS (4-1)
Monsters of the Midway are back. The defense, with five TDs already, can out-score more than a few offenses — ahem, the Jets — in this league.

9 EAGLES (3-2)
They lost a game they weren't supposed to win and nearly won it after playing well below their potential. Memo to Mike Vick: Ball security is everything. *And fumbles don't ever happen for a reason.*

10 GIANTS (3-2)
You don't want to get Ahmad Bradshaw (200 yards) angry. You won't like him when he's angry. Giants showed lot of fight in comeback win.

11 SEAHAWKS (3-2)
Finally put "scabgate" behind them in much-needed win. Trust the Pete Carroll Guide to Winning, which includes an aggressive defense with a sound run game.

10 STEELERS (2-2)
Big Ben is best QB on third down, proving it twice on morale-killing final drive. The fact that Rashard Mendenhall looks healthy adds extra juice.

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Eagles cut Moten, bring in Williams for special teams

That was a quick tryout for Adrian Moten and the Eagles.

In the team's ongoing effort to bolster their struggling kickoff coverages on special teams, the Eagles released Moten exactly one week after bringing him in to replace Brian Rolle. The Eagles added linebacker Jason Williams to take his roster spot.

Williams, 26, in his fourth season, has played in 28 games with Carolina (2010-12) and Dallas (2009-10). He has recorded 36 tackles on defense, 28 special teams tackles, a forced fumble and a fumble recovery. He was released by Carolina after the preseason.

Moten talked enthusiastically last week about contributing on special teams.

"I ain't a starter yet, so I got to make a lot of plays on special teams to keep my job," Moten said at the time.

However, Moten tallied no tackles against Pittsburgh and missed one on a 44-yard kick return. MIKE GREGER

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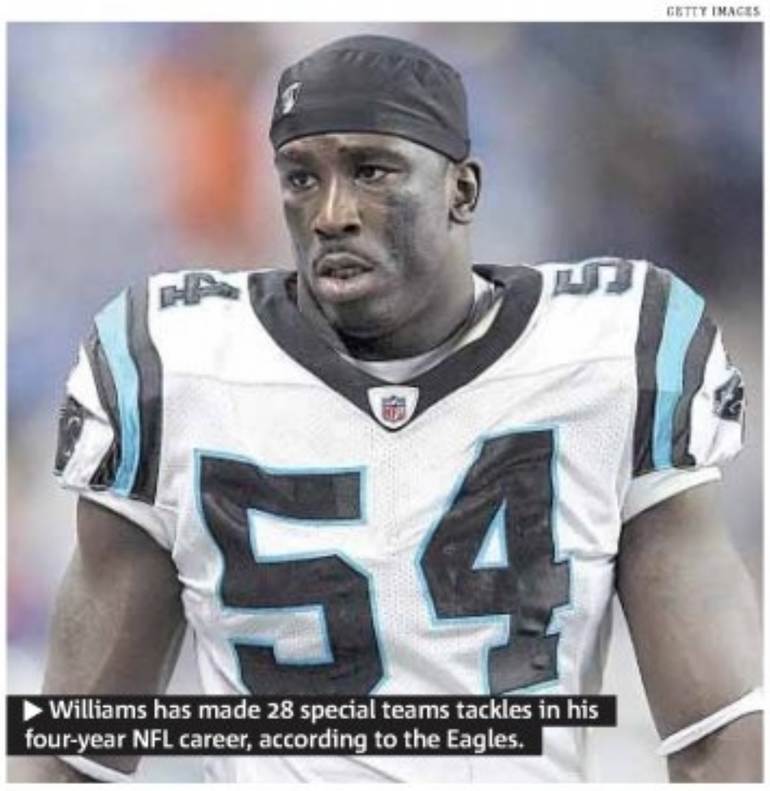

▶ Williams has made 28 special teams tackles in his four-year NFL career, according to the Eagles.

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Owl food

Just a few other notes from Temple football before they take on UConn:

- **Coach Steve Addazio** said he is hoping to get **RB Matt Brown** back for Saturday's game. Brown sprained an ankle in Temple's 37-28 upset of South Florida.
- **Defensive tackle Kamal Johnson** won't be allowed to play or practice until assault and kidnapping charges against him are resolved. He has seven tackles.

Despite emotional ties, it's strictly business for Owls

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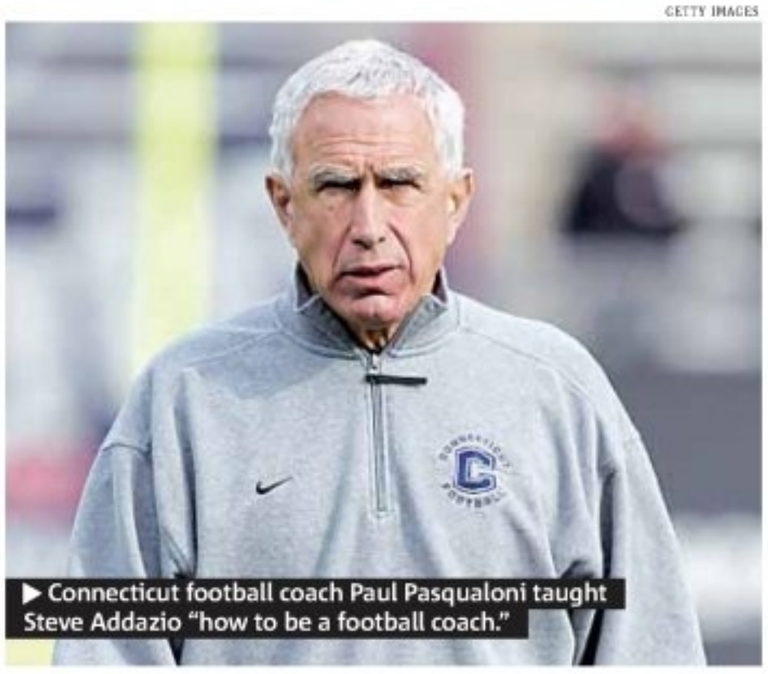

▶ Connecticut football coach Paul Pasqualoni taught Steve Addazio "how to be a football coach."

On one hand, Steve Addazio says when Temple travels to Connecticut Saturday, it'll be just another game. On the other, he knows that's not true.

Not when he's going back to the state where he was born, started coaching and raised his family for 35 years.

Not when he's going against his mentor, UConn coach Paul Pasqualoni.

Not when three members of his staff, and freshman star linebacker Tyler Matekevich, all hail from Connecticut.

The Huskies (3-3) present enough challenges for a Temple team still savoring its first Big East victory since being kicked out of the conference way back in 2004.

"They have seven starters back on offense and eight on defense, so they're a lot more experienced than we are," said Addazio. "We're playing against a team coached by arguably one of the finest coaches in the [Big East] conference and maybe the country. Coach P. started me in this business and I wouldn't be where I am now without him. He taught me how to be a football coach."

The Addazio-Pasqualoni relationship dates back to Western Connecticut in the mid-80s, followed by Syracuse a decade later, where Addazio became offensive line coach for three seasons. Two of Addazio's current assistants also worked under Pasqualoni.

But all that familiarity will take a backseat when the Owls (2-2) attempt to contain UConn quarterback Chandler Whitmer, running back Lyle McCombs and receiver Geremy Davis, while exploiting a defense keyed by Big East sack leader Travardo Williams.

Temple will rely on running back Montel Harris (133 yards, two TDs) last Saturday and quarterback Chris Coyer, who went 16-for-20 for 167 yards, while rushing and throwing for scores.

"That's a great confidence builder and hopefully we can maintain it," said Addazio. "But we're a work in progress."

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Costas returns to the booth for Nats-Cards

Ready for October baseball?

Bob Costas is.

The longtime announcer will be in the booth today for Game 3 of the NLDS between the Washington Nationals and St. Louis Cardinals. It will mark Costas's first postseason baseball call since 2000.

"In the earlier rounds you get that October feel that reminds me of what it was like when I was young," Costas told MLB.com yesterday. "Day games with that autumn weather, it brings back a certain baseball feeling."

The game will be the first postseason game in Washington, D.C. since the 1933 World Series, when the Washington Senators lost to the New York Giants. The matchup is set for 1:07 p.m. on MLB Network.

The Yankees and Orioles (series tied 1-1) will play in the nightcap over on TBS at 7:30 p.m. METRO

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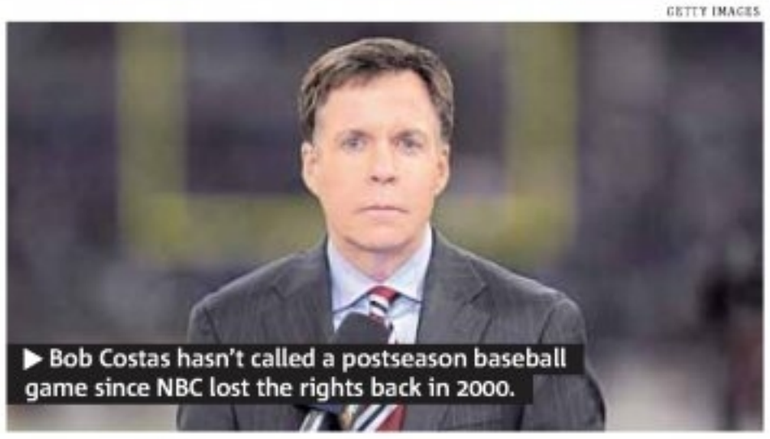

▶ Bob Costas hasn't called a postseason baseball game since NBC lost the rights back in 2000.

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"Seva," pronounced "say-va," is "service" in Sanskrit. It also sounds like "save a call," co-founder Manpreet Singh says — which is exactly what the company aims to do.

Singh came up with the idea while at Wharton earning his MBA. His brother, Gurpreet, also a co-founder, owned computer-repair company Geeks On-site. Gurpreet got so many requests he kept having to turn customers down.

"He would be booked with another job, or it was a job he didn't do or location he didn't service, and the consumers were frustrated. They didn't want to spend time making call after call to find the right person," Singh says. "So I thought, there has to be a better way to find local professionals."

The company launched in the Washington, D.C., area, where the brothers now live, and just expanded to Philly — a city with plenty of need for emergency home repair. "When I was in business school there, a lot of us lived in row houses, and they constantly had issues that needed to be fixed," says Singh.

So when the heater starts acting up, all you need to do is select a category from a drop-down menu, indicate if you want service right away (broken toilet) or another time (landscaping) and write a sentence or two describing what you need. In under two minutes, you'll get a call from someone nearby who knows what the problem is and is ready, willing and able to tackle it. "Instead of reading reviews, deciding who to work with, calling and getting voicemail or people who can't help, we allow the consumer to choose from high-quality companies who already know what you want and want to help you," Singh says. "It makes the whole process simple and easy."

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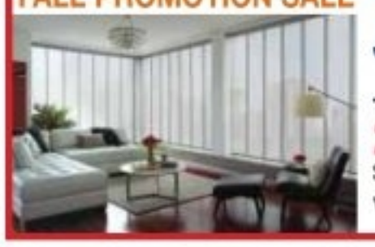

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